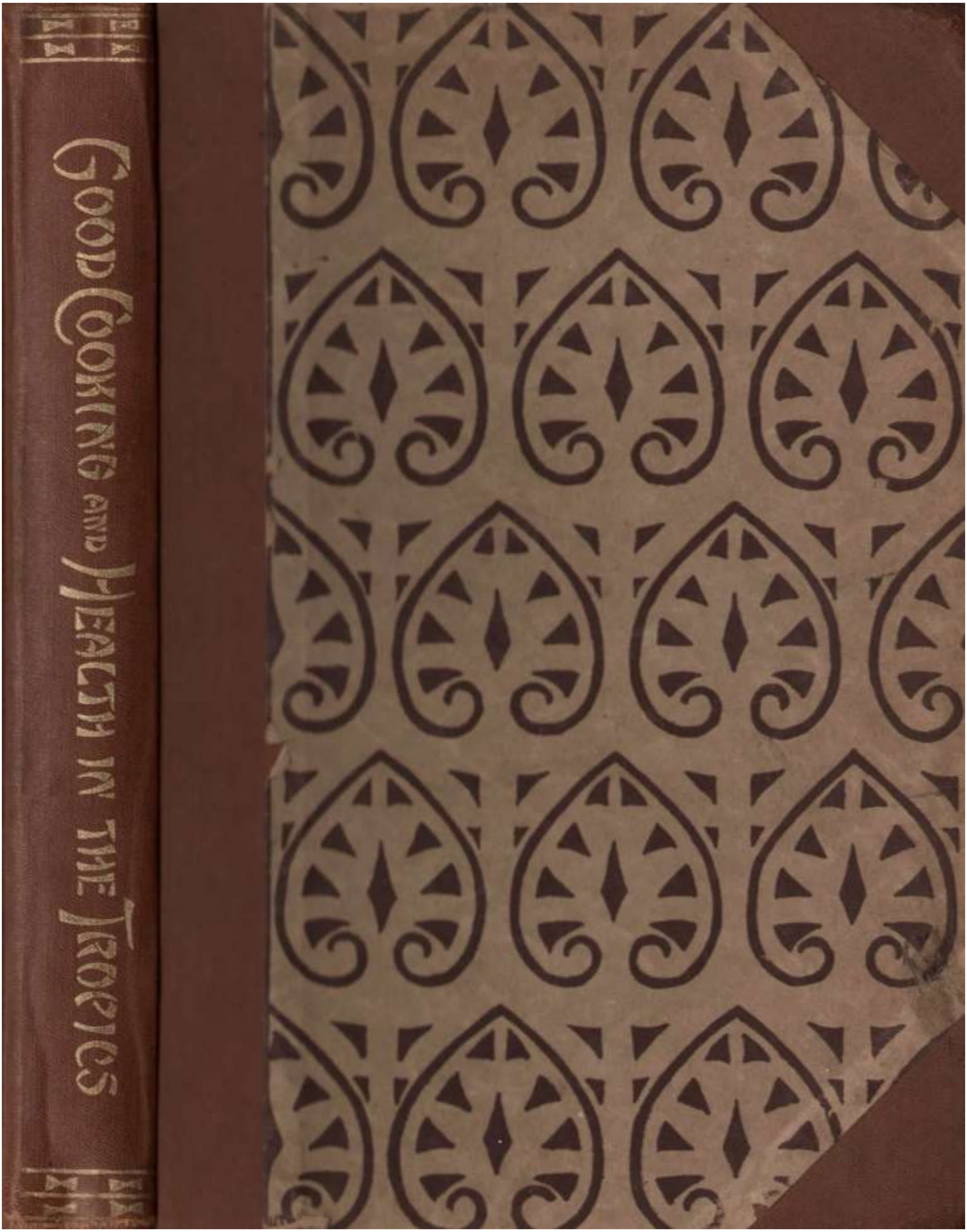

GOOD COOKING AND HEALTH IN THE TROPICS

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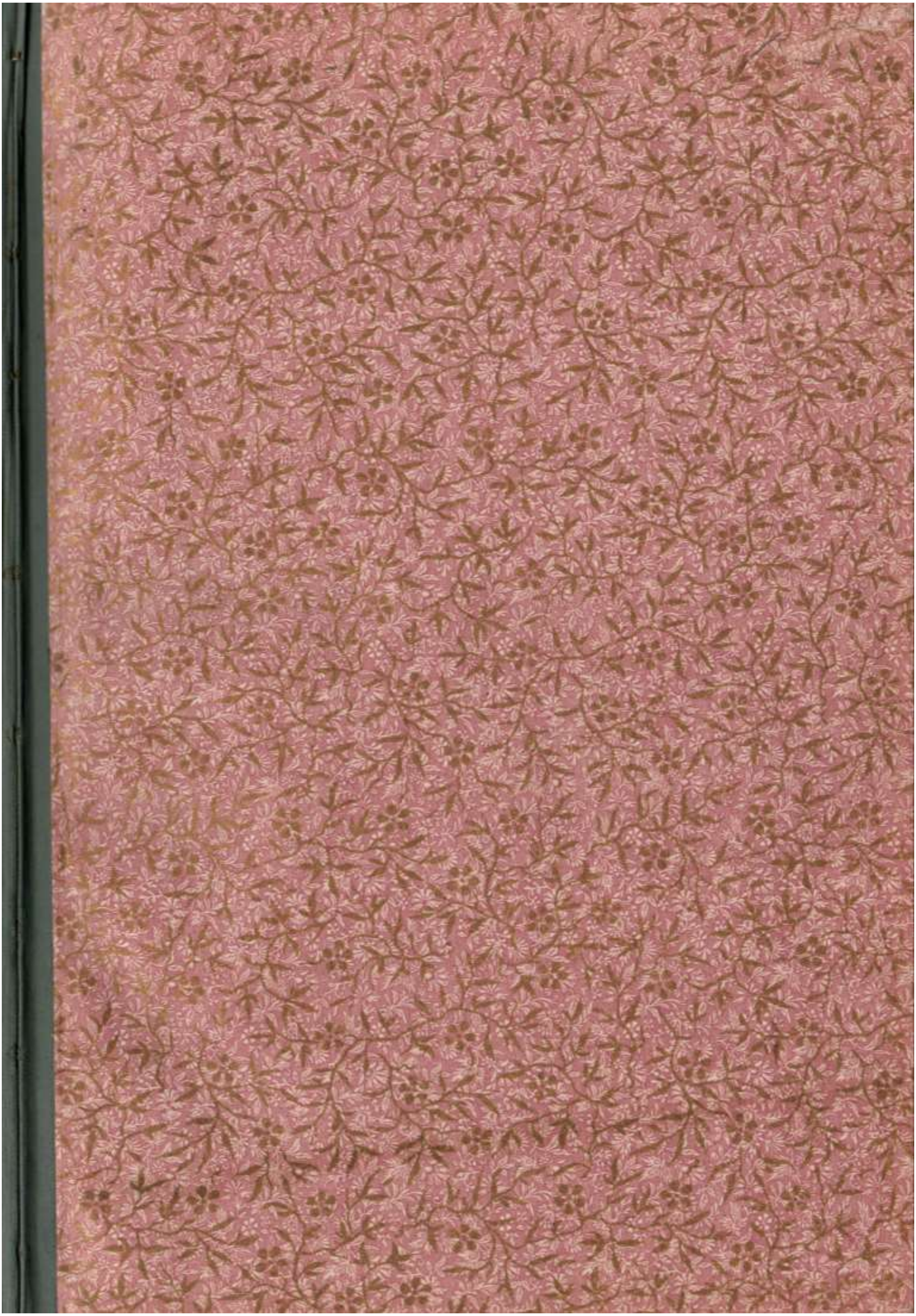

GOOD COOKING and HEALTH IN THE TROPICS

Mrs. Samuel Francis Gaches, R.N.
Ex-Directress of Nurses and Principal of the Philippine General
Hospital School of Nursing, Manila, P. I.
Editor-in-Chief

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The American Guardian Association

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1937

Mrs. Leonard Wood
PATRONESS OF THE AMERICAN GUARDIAN ASSOCIATION

Affectionately dedicated
to
Mrs. Leonard Wood,
who, as Patroness
of the
American Guardian Association,
by her active interest in and
sympathy with the
organization enlisted the cooperation
of the Women of Manila in
behalf of destitute
American-Filipino children

General Leonard Wood

FOUNDER OF THE AMERICAN GUARDIAN ASSOCIATION

FOREWORD

THE AMERICAN GUARDIAN ASSOCIATION was organized for the purpose of caring for those American-Filipino children in the Philippine Islands who have been either abandoned by their parents or are without proper protectors. Investigation showed that there were thousands of these unfortunates abandoned generally by their fathers, and often with mothers who were unable properly to take care of them. Many of these children are orphans. On the whole the situation is a very distressing one.

The credit for initiating the movement belongs to Lieutenant Colonel Gordon Johnson, who as a member of the Mission to the Philippines noted the unfortunate condition surrounding these children and then and there initiated the movement which resulted in the formation of THE AMERICAN GUARDIAN ASSOCIATION. This Association is doing a splendid work. Its purpose is properly to care for these children, give them a fair start in the world, prepare them for the struggles of life, and replace as far as possible the care and protection which should have been given by their parents. It should have the keen support of every American, indeed of all people who appreciate the responsibility which rests upon all of us of caring for those who cannot take care of themselves.

I have looked over this volume with a good deal of interest. While I do not feel qualified to pass upon recipes and household hints, I am struck with the very intelligent and comprehensive use of native food products. The native names are given, and I am sure that many Americans and Europeans living in the Tropics have heretofore failed to utilize fully many of the vegetables, fish, fruits, etc., which are available here.

The chapters on health, health hints, convalescent diets, liquid foods, poisons, antidotes, etc., which were supervised by Dr. Victor G. Heiser, strike me as being particularly valuable. No one is better qualified than Doctor Heiser to pass on matters of health in the Tropics.

Mrs. S. F. Gaches, the editor-in-chief of this volume, is peculiarly well fitted to undertake such a work. Her long residence in the Philippines, experience in hospital work, and her well-known reputation as a dietitian are assurances that this volume will be of value to residents of the Tropics.

LEONARD WOOD,

Governor-General of the Philippine Islands.

Lieut.-Col. Gordon Johnston, U. S. A.
ORGANIZER AND PRESIDENT OF THE AMERICAN GUARDIAN ASSOCIATION

Historical Sketch

THE AMERICAN GUARDIAN ASSOCIATION was organized to guard and care for children wholly or partly of American blood in the Philippine Islands who are without proper protectors. The urgent need for such an organization is, and has been for a long time past, well known to every American familiar with conditions here. The proof of this may be found in the immediate and spirited response of the American community to the call for members. The announcement that the Association had been formed was made on November 18, 1921, and without any "drive" there were enrolled by December 31, 1921, 541 Charter Members and ₱10,000 had been paid into the Treasury. The press, both American and native, has been active and generous in its encouragement.

The names of the incorporators, headed by Governor-General Leonard Wood, who willingly pledged themselves to its support, and the promptness with which warm-hearted American women came forward to offer and are giving their loyal services, still further attest to the soundness of the purpose of the organization. All churches and religious societies, charitable organizations, the Y. M. C. A., and the leaders in educational institutions have signified their strong approval and active support of THE AMERICAN GUARDIAN ASSOCIATION.

Therefore, it can safely be assumed that the conditions not only warranted but demanded that proper steps be taken to provide for many children of American blood in these Islands. Probably the most impelling motive which stirred people to action was the feeling that at present and in the past these children have not had a fair chance in life, and also the feeling that they are a peculiar charge on us because they were brought into existence by American fathers who, through death, misfortune, or other reason, failed to provide the protection and care to which every child is entitled. It isn't fair and it isn't right—and those who learn of such conditions cannot fully enjoy comfort, luxury, and ease without holding out a helping hand to these unfortunate children who are suffering through no fault of their own. The last census shows that there are 18,000 American-mestizos in the Islands, the great majority, naturally, still young. The survey now in process indicates that while numbers of them are well cared for by loving parents or have succeeded in making their own way, there are far too many who are existing under most distressing and demoralizing conditions.

Spanish and Chinese mestizo children drop into a natural place in the social organization of the Islands and have a definite status. The case of American-mestizos is often quite different, particularly as regards girls. Boys are kicked out to scuffle for themselves. Girls are most frequently considered legitimate prey, when neither their natural protectors, nor a good home exists. They cannot be lost in the multitude, for freckles or clear-cut American features often mark them out only too visibly. Their quickness of mind and body, their energy and activity and spirit of adventure stand out too conspicuously for their own good when not controlled or directed by those who understand them. They have a very high strung nervous organization and are unusually emotional; so the poor little girls need the closest supervision and care lest irremediable harm come to them. However, investigation shows that having safely weathered the dangerous period and having arrived at mental and moral as well as physical maturity, they make fine women and are particularly sought after in marriage by self-respecting and ambitious Filipinos who appreciate their qualities.

Investigation has also brought to light hideous pictures of tiny girls abandoned to chance charity, neglected or abused, and of girls of twelve or fourteen exploited and taught to lead immoral lives for the profit of their own mothers. The number of girls, mere children, so engaged is appalling. They have never had a chance to know what they are doing. In those cases the mothers are completely immoral, the fathers have died, or have left the Islands without making provisions for their families, or have become utter degenerates themselves. THE AMERICAN GUARDIAN ASSOCIATION is devising preventive as well as palliative measures for conditions resulting from dereliction of duty on the part of the parents. Many of these girls are sold for as small a sum as ₱60 ($30), about the price of a carabao calf. This was proved to a Congressman of the United States who brought to the verge of completion the purchase of an American girl for the above sum, the contract was ready for signature and the girl for delivery—needless to say he had convincing evidence.

It is the purpose of the Association to insure as far as funds will permit: A decent moral environment and suitable care for American-mestizos in their early childhood; in their growth, an education (under American supervision) including a trade or occupation by which an honorable living can be made, with the end in view that they may become self-respecting and worthy citizens of the Philippines. The boys must feel under the necessity of "making good" and commanding the respect of their fellow citizens. The girls will be educated for business, nursing, teaching, etc., if they show aptitude, and will be so trained that they will develop into good, capable wives of honorable men.

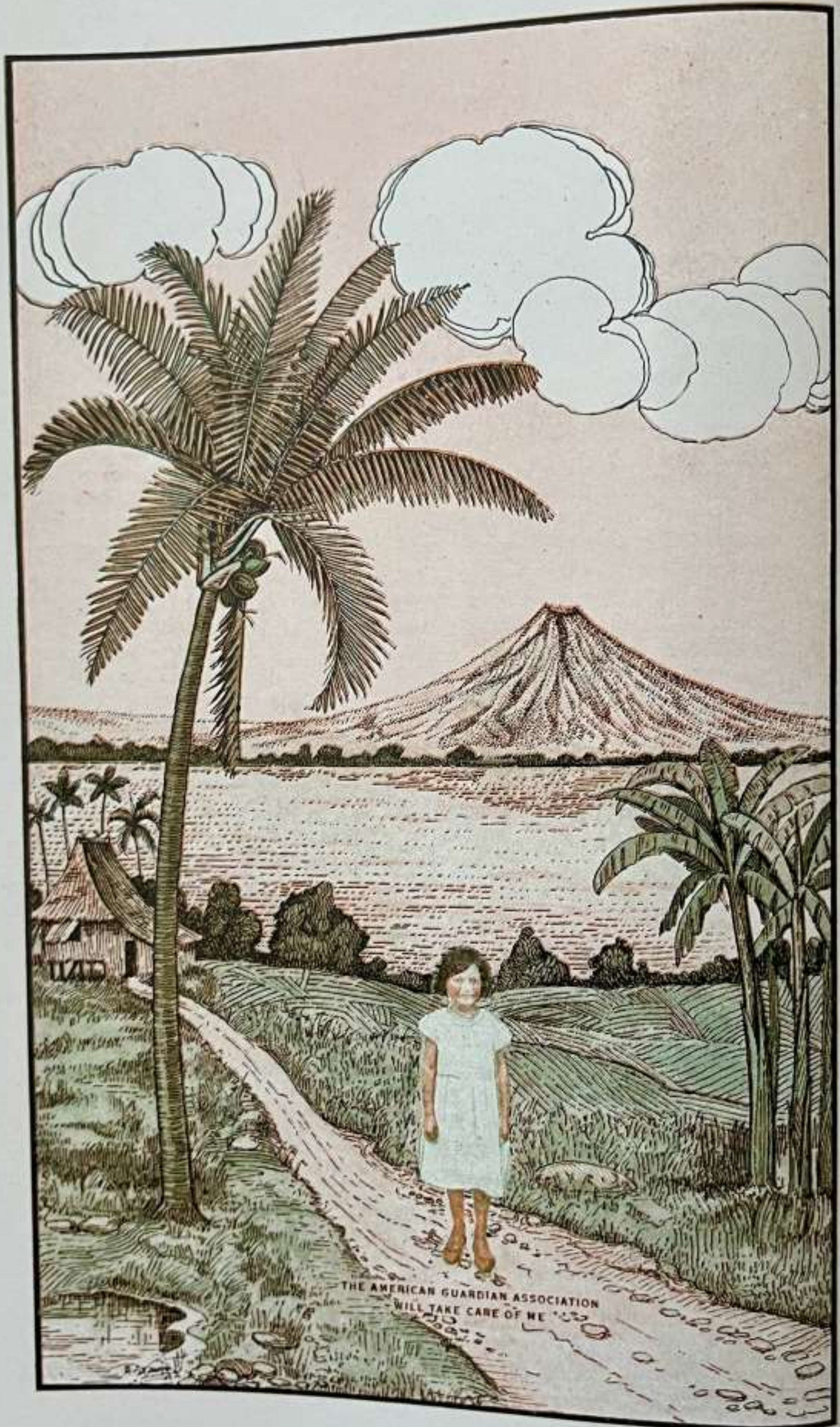
At present, because of limited funds, the existing institutions, both Protestant and Catholic where American women are in charge, are used for all girls for whom the Association becomes responsible. The total expense for each girl amounts to about ₱32 ($16), including all education and practical instruction. The boys are sent to the Central Luzon Agricultural School at Muñoz where they not only receive an academic education but are taught useful trades in a practical manner. Moral conditions are excellent, and a capable boy should graduate with enough savings accumulated from his own labor to make a start in life. The Association pays ₱25 ($12.50) for the total expenses of each boy per month.

The sources of income of The American Guardian Association are (1) annual dues of members; (2) contributions of parents or relatives of the children to the best of their ability; and (3) subscriptions. The annual dues and membership have been fixed at ₱10 ($5), a low rate so that all who are interested may become members no matter how small their income.

Will you please enter on your budget a fixed amount for The American Guardian Association or contribute a portion of what you set aside for good works?

If you care to undertake the education of a boy or a girl thereby securing a more direct personal interest, this Association will be glad to select one for you and act as your agent in the case. Many people became "*parrain*" or "*marrain*" to little European children during the War. Here are little half-American children far more destitute, far more miserable, far more overshadowed by a blighting future who have a far more tangible right to hope that we Americans will become "godfathers" and "godmothers" to them.

GORDON JOHNSTON.


THE AMERICAN GUARDIAN ASSOCIATION
WILL TAKE CARE OF ME

PREFACE

"Every child brought into the world has a right to health, education, and a home."

SOON after the organization of THE AMERICAN GUARDIAN ASSOCIATION in November, 1921, so many tragic cases came to light which the Association was unable to relieve for lack of funds that a number of American women of Manila who have worked loyally for the Association since its organization decided to do what they could towards raising a small fund which would yield an assured income for assistance in emergency work. On March 20th, 1922, a Ways and Means Committee was appointed composed of the following ladies: Mrs. S. F. Gaches, Chairman; Mrs. I. B. Dexter, Miss Tomasa Goduco, Mrs. A. J. Grant, Miss Cornelia Lichauco, Mrs. Charles F. Massey, Mrs. Louis McCall, Miss Cornelia Santos, Mrs. Charles H. Sleeper, Mrs. H. Eugene Stafford, Mrs. Thomas A. Street, Mrs. E. H. Taylor, and Miss Marguerite Wolfson, Members, and the publication of a cookbook was decided upon.

This cookbook is composed of American, European, Filipino, and miscellaneous oriental recipes contributed by the women of Manila of several nationalities. Some of the recipes are original, others are tried-out recipes taken from standard American and European cookbooks which have been found suitable for the Tropics or to place in the hands of inexperienced cooks in the Far East. Grateful acknowledgment is due to Elmer D. Merrill, Director and Botanist of the Bureau of Science, for his two articles on fresh fruits and vegetables obtainable in the Manila market; to Dr. Albert W. C. Herre, Chief of Section of Fishery, Bureau of Science, for his article on "Some Desirable Fish in the Manila Market;" to Bureau of Education, for the use of the cuts on pages 84, 101, 133, and 261; to Mr. Luther Parker, for the use of the cuts on pages 42, 140, 168, and 278, which originally appeared in his little book, "Verses of the Philippines;" and to Mrs. E. H. Taylor, who designed the cover for the cookbook.

The proceeds from this publication will be devoted wholly to the education and protection of destitute American-Filipino children. It is earnestly hoped that this book will be the means of bringing the tragic story of these children before the public and that before long many helping hands will be held out from all quarters to these little unfortunate waifs in the Philippines.

THE EDITOR-IN-CHIEF.

Ways and Means Committee

Mrs. Samuel F. Gaches, *Chairman*

MEMBERS

Mrs. I. B. Dexter
Miss Tomasa Goduco
Mrs. A. J. Grant
Miss Cornelia Lichauco
Mrs. Charles F. Massey
Mrs. Louis McCall
Miss Cornelia Santos
Mrs. Charles H. Sleeper
Mrs. H. Eugene Stafford
Mrs. Thomas A. Street
Mrs. E. H. Taylor
Miss Marguerite Wolfson

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PUBLISHED BY
THE AMERICAN GUARDIAN ASSOCIATION

ALL RIGHTS RESERVED

FILIPINO RECIPES [*]

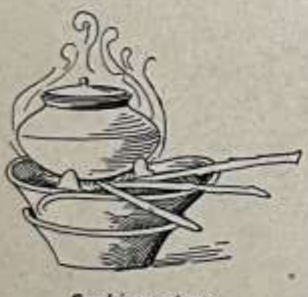
By Miss Tomasa Goduco, R. N.,
Graduate of the Philippine General Hospital School of Nursing,
Manila, P. I., Special Course in Domestic Science,
Columbia University,
AND
Miss Cornelia Santos, R. N.,
Graduate of the Philippine General Hospital School of Nursing,
Manila, P. I.

ATCHARA

Fresh green papayas	4
Cucumbers	2
Fresh red peppers (not canned)	12
Radishes	6
Vinegar (native white)	1 liter
Singapore onions [1]	1 cupful
Garlic	½ cupful
Salt	6 tablespoonfuls
White sugar	2 cupfuls

[1] Singapore onions: Small onions imported from China.

Papaya



Cooking stove

Method of preparing.—Peel papayas, remove seeds and put pulp through a cheese grater. Peel and cut cucumbers into pieces one centimeter thick and two centimeters long. Do the same with the radishes. Put two tablespoonfuls of salt on the cut radishes. Mix radishes and salt together and let stand for about ten minutes. Then wash out all the salt and put radishes in the sun for about two hours. Slice the red peppers lengthwise. Do the same with the garlic. Peel the onions but do not cut. Boil vinegar, sugar, salt, and pepper. When boiling, add cucumbers, radishes, and papaya. After three minutes add garlic and onions. Press down into the mixture. After four minutes, remove from the fire.

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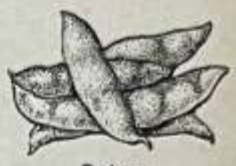
[*] These recipes have been most carefully and accurately worked out in the laboratory by Miss Goduco and Miss Santos.

BATAW (No. 1)

Bataw[1]	1 pound
Fish	4 ounces
Tomato (fresh and large)	1
Bagoong[2]	2 tablespoonfuls
Salt	½ teaspocnful
Water	½ cupful



Bataw

[1] Bataw: A kind of bean. Both bean and pod may be eaten.

[2] Bagoong: Small salted shrimps.

Method of preparing.—String and open the pods of bataw. Broil the fish and when done remove the bones and flake the meat. Cut the tomato into small pieces, add the flaked fish, bagoong, and salt. Cook for three or four minutes, then add the bataw. Boil until the bataw are tender.

BATAW (No. 2)

Bataw	1 pound
Lard	2 tablespoonfuls
Garlic	1 clove
Pork	3 ounces
Patis[3]	2 tablespoonfuls
Salt	½ teaspoonful
Water	½ cupful

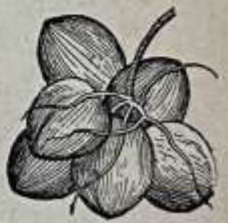
[3] Patis: A native sauce.

Method of preparing.—String the beans (bataw). Cut them crosswise one centimeter thick and parboil. Fry the garlic. When brown, put in the pork sliced thin across the fibers. Cook pork until it begins to get brown, then add the beans and patis. Boil until the beans are tender.

BUKO PRESERVE

Buko[1]	3
Sugar	1½ cupfuls
Water	¾ cupful

[1] Buko: Young coconut

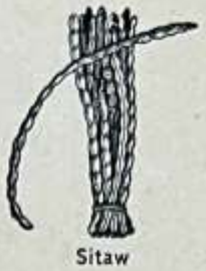


Buko

Method of preparing.—Scrape the tender meat from the buko with a coconut shredder. Boil the sugar and water to a thin syrup, then add the shredded coconut meat and boil for about ten minutes or until the coconut is cooked. Serve cool.

BULANGLANG SITAW

Fish	1 (small size)
Tomato	1
Bagoong	2 teaspoonfuls
Salt	½ teaspoonful
Sitaw	2 cupfuls
Water	1/3 cupful


Sitaw

Method of preparing.—Broil or fry the fish. String the sitaw and cut into pieces one inch long. Add tomato, salt, and bagoong to the fish and cook until the tomato is partly shrivelled, then add the sitaw and water. Cover and let cook until the sitaw is tender.

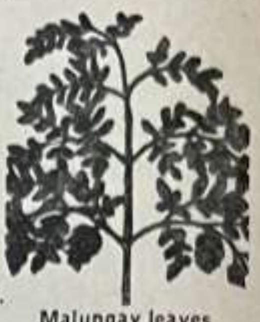
NOTE.—Bataw and seguidillas may also be cooked in this way.

CARDILLO

Fish	1 pound
Salt	½ teaspoonful
Lard	6 tablespoonfuls
Garlic	1 clove
Onion (chopped fine)	1
Tomatoes (chopped fine)	2
Water	½ cupful
Eggs	2

Method of preparing.—Clean the fish, cut crosswise into serving sizes, add one-half the salt and fry in the lard until nicely browned. Remove from the pan and fry the garlic in the remaining lard. When brown, add the onion, tomatoes, and remaining salt. Let it boil until the tomato is cooked, add the water and boil from three to five minutes. Drop the fried fish into the mixture, remove from the fire and add the eggs well beaten.

CHICKEN WITH MALUNGAY[1] LEAVES


Malungay leaves

Chicken	½ (medium size)
Cool water	½ cupful
Salt	½ teaspoonful
Hot water	4 cupfuls
Patis[2]	3 teaspoonfuls
Malungay leaves	1 cupful, packed full

[1] Malungay: Leaves from a small shrub; used as greens.

[2] Patis: A native sauce.

Method of preparing.—Clean and cut the chicken into pieces. Put it into a saucepan or *carajay* with the cool water and salt. Cook until the water is absorbed. Then add the hot water and patis. Cover and let cook until tender. Wash the leaves and add to the mixture. Cover and cook for eight minutes.

NOTE.—Sili[3] leaves may also be used in place of malungay leaves.

[3] Sili: Common chilli pepper.

ESCABECHE

Fish	1 pound
Salt	1 tablespoonful
Lard	6 tablespoonfuls
Ginger root	2 cubic inches
Onions (sliced thin like thread)	1
Garlic (sliced thin crosswise)	1 clove
Sugar	5 tablespoonfuls
Vinegar	¼ cupful
Water	½ cupful

Method of preparing.—Clean the fish. Put one-quarter of the salt on it, then sauté until nicely browned. Cut the ginger root into fine, thread-like slices. Fry in the fat remaining after cooking the fish. Add the onion, garlic, sugar, vinegar, and water. Boil for about five minutes. Remove from the fire and pour over the fish. Serve hot.

FISH TORTILLA

Fish	1 pound
Salt	½ tablespoonful
Lard	2 tablespoonfuls
Garlic	1 clove
Onion	1
Tomato	1 (large)
Canned peas	2/3 cupful
Butter	1 teaspoonful
Black pepper	⅛ teaspoonful
Eggs	4

Method of preparing.—Clean the fish, put one-half the salt on it and then fry until nicely browned. Remove the bones and cut the meat into cubes of one centimeter size. Fry the garlic in the lard. When brown, add the onion which has been cut into one centimeter cubes, the tomato, chopped fine, and the remaining salt. When the tomato is cooked, add fish, butter, peas, and pepper. Stir until all the ingredients are mixed together. Beat the eggs until stiff and dry. Set a well greased pan over a slow fire. Beat the eggs well and pour them into the greased pan. When the eggs are set on the bottom of the pan, fold in the first mixture. Brown slightly on both sides and serve at once.

FRESH CORN

Fresh corn (very young and tender) ..	6 ears
Lard	2 tablespoonfuls
Garlic	1 clove
Shrimps (peeled and chopped)	2 tablespoonfuls
Bagoong or patis	1 tablespoonful
Water	1 cupful
Amargoso[1] leaves (young and tender) ..	½ cupful

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[1] Amargoso: Sometimes called *ampalaya.* A native gourd, with a bitter taste, used as a vegetable.

Method of preparing.—Remove the silk from the ears of corn. Cut the grain of corn down the middle of the ear and scrape out the kernels with a knife, being careful not to take with them particles of the cob. Fry the garlic in the lard. When brown, add the shrimp and bagoong and cook for a minute or two. Then add the scraped corn. Stir well and add the water. Cook until tender, about fifteen minutes. One minute before taking from the fire, add the amargoso leaves.

Corn

NOTE.—If the corn is old more water and longer time for cooking will be necessary.

GABI (No. 1)

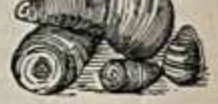
Gabi[1]	½ pound
Green tamarinds	5
Fish	3 ounces
Lard	2 tablespoonfuls
Garlic	1 clove
Bagoong	2 tablespoonfuls
Salt	½ tablespoonful
Water	1 cupful

---

[1] Gabi: Taro. A tropical, edible tuber.

Method of preparing.—Peel the gabi and slice one centimeter thick. Boil the tamarinds in one-fourth cupful of water. When cooked, mash, strain, and save all the juice. Clean and broil the fish. When cooked, remove the bones and flake the meat. Fry the garlic in the lard. When brown, add the bagoong, the flaked fish, sliced gabi and salt. Stir well and add the remaining water. Boil until the gabi is tender. When the gabi is soft, add the tamarind juice. Boil for five minutes and serve.

GABI (No. 2)


Gabi

Gabi	½ pound
Coconut	½
Fish	3 ounces
Lard	2 tablespoonfuls
Garlic	1 clove
Bagoong	1 tablespoonful
Salt	½ teaspoonful
Water	1 cupful

Method of preparing.—Peel the gabi and slice one centimeter thick. Grate the coconut, add the coconut milk, and strain. Add the water to the strained juice and pour over the coconut meat and repeat the straining. Save all the juice. Clean and broil the fish. When cooked, flake and remove the bones. Fry the garlic in the lard. When brown, add the bagoong, sliced gabi, salt, and coconut juice. Boil until the gabi is cooked. When the gabi is done it is mealy like a potato.

GUAVA

Guavas	12 large
Salt	1 teaspoonful
Sugar	2 tablespoonfuls
Lard	2 tablespoonfuls
Garlic	1 clove
Pork (sliced thin)	3 tablespoonfuls
Water	½ cupful

Method of preparing.—Peel and slice the guavas thin and add salt and sugar to them. Fry the garlic in the lard. When nicely browned, add the pork and cook until it begins to get brown. Then add the guava mixture and cook for three minutes. Add the water and boil for ten minutes. Served hot.

KILAWIN

Pork (sliced thin)	1 pound
Vinegar (native white)	½ cupful
Salt	1 tablespoonful
Black pepper	¼ teaspoonful
Lard	2 tablespoonfuls
Garlic	1 clove
Onion	1
Water	½ cupful

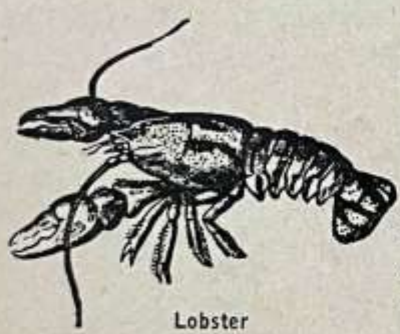
Garlic

Method of preparing.—Slice the pork crosswise, add to it the vinegar, salt and pepper. Let it stand for a few minutes. Fry the garlic in the lard. When brown, add the onion and the first mixture. Cook without stirring until dry. Then add the water and boil until the meat is tender.

LAGAT LOBSTER OR SHRIMPS

Lobster or shrimps (peeled and cut)	about 2 cupfuls
Lard	3 tablespoonfuls
Garlic	1 clove
Onion	1
Tomato	1
Salt	1 teaspoonful
Vinegar (native white)	4 tablespoonfuls
Water	½ cupful
Black pepper	⅛ teaspoonful

Method of preparing.—Shell the lobster or shrimps and cut crosswise. Chop the shells and add them to the water. Stir until all the fat is drained off into the water, then strain and keep the juice. Fry the garlic and when brown add the onion, tomato and salt. When the tomato is cooked, add the lobster or shrimps and the vinegar. Boil until almost dry, then pour in the lobster or shrimp juice. Boil for two or three minutes and serve hot.


Lobster

LUTONG TALUNAN

Salted cucumbers [1]	2
Fowl	1
Vinegar (native white)	4/5 cupful
Toyo [2]	4 tablespoonfuls
Garlic	1 clove
Black pepper	½ teaspoonful
Water	2 cupfuls

[1] Salted cucumbers are found in the Chinese stores. [2] Toyo: A Chinese sauce.

Method of preparing.—Cut the cucumbers into pieces one inch thick and soak in water for about one-half hour to remove excessive salt. Dress and clean the fowl, cut into about twenty pieces. Add the vinegar, toyo, garlic, and pepper to the fowl. Cook until dry. Then add the water and boil until the meat is tender and the water is almost evaporated. Add the salted cucumbers and boil for about five minutes. Serve hot.

MAKAPUNO PRESERVE

Makapuno[1]	1
Sugar	2 cupfuls
Water	1 cupful

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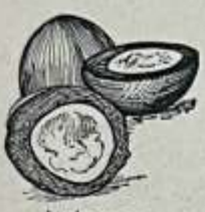
[1] Makapuno: A variety of coconut with soft meat.


Makapuno

Method of preparing.—Take out the meat of the nut and mold it into small pieces the shape of a marble. When the meat is all molded, drop it into one cupful of boiling water. Let it stand a minute or two, then strain off the water. Boil sugar with a cupful of fresh water to a thin syrup. Put in the molded coconut meat. Boil slowly for six minutes. Remove from the fire and let stand over night. Serve cool.

MONGO GUISADO (No. 1)

Mongo	½ cupful
Water	3 cupfuls
Lard	1 tablespoonful
Garlic	1 clove
Onion	1 slice
Tomato	1 (medium size)
Shrimps	2 (medium size)
Bagoong (alamang)	1 teaspoonful

Method of preparing.—Wash the mongo. Put it into a saucepan, cover with water, and cook slowly until the water is all absorbed. Then mash the mongo through a colander. Fry the garlic and the onion and tomato. Shell the shrimps and cut them into small pieces. Add the shrimp and bagoong to the cooking tomato and onion. Pound the heads of the shrimps, add one-half cupful of water and strain through a wire strainer. When the tomatoes and shrimps are done, add the strained shrimp water to them, and the mashed mongo. Let cook for five minutes, when it is ready to serve.

MONGO GUISADO (No. 2)

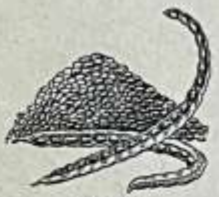
Method of preparing.—Prepare as for Mongo Guisado No. 1, except use chicken or pork instead of shrimps. If chicken is used, take one thigh or one-half of the breasts, boiled and cut into shreds. If pork is used, take one-half cupful.

MONGO GUISADO (No 3)

Method of preparing.—Prepare as for Mongo Guisado No. 2, with the addition of vegetables, either ampalaya leaves or fruit, malungay, or calabasa.

MONGO PODS

Fresh young mongo pods	½ pound
Fish	3 ounces
Bagoong	1 tablespoonful
Green tomatoes	3
Salt	1 tablespoonful
Water	½ cupful



Mongo

Method of preparing.—String the mongo pods. Clean and broil the fish. When cooked, flake it and remove the bones. Put fish, bagoong, tomatoes, and salt together and cook until the tomato is done. Then add the mongo. Stir well and add the water. Boil until the mongo is cooked.

PAKAM

Chicken	1
Vinegar (native white)	¼ cupful
Salt	1 tablespoonful
Black pepper	½ teaspoonful
Lard	3 tablespoonfuls
Garlic	2 cloves
Onions	2
Tomatoes	3
Patis	1 tablespoonful
Water	1 cupful
Radishes	6

Method of preparing.—Cut the dressed chicken at the joints and cook it with the vinegar, salt, and pepper until dry. Then bone and slice it into pieces three centimeters long and one centimeter wide. Slice the radishes and onions in the same way. Chop the tomatoes. Fry the garlic in the lard and when nicely browned add the onion, tomatoes, patis, and sliced chicken. Let boil for two minutes, then add the water. Boil until half the water is evaporated, then add the radishes and cook until tender. Serve hot.

PAKSIW

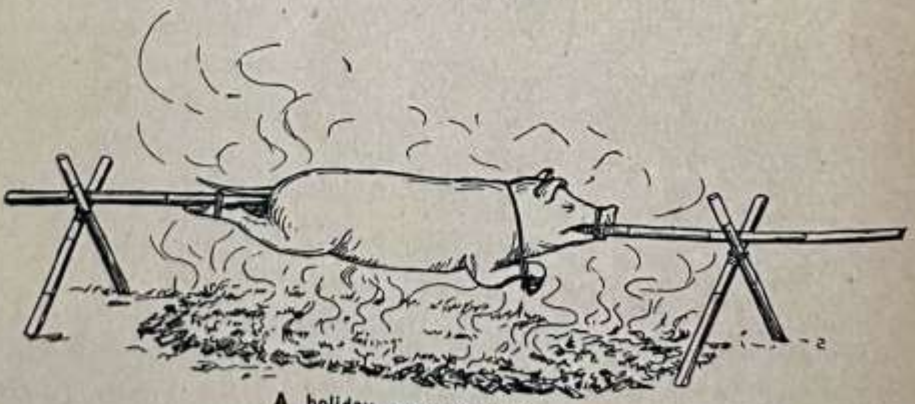
Fish	1 pound
Vinegar (native white)	1 cupful
Salt	1 teaspoonful
Ginger root (peeled and mashed)	2 cubic inches
Water	1 cupful

Method of preparing.—Clean the fish and cut crosswise into serving sizes. Add the vinegar, salt, and ginger. Boil until the vinegar is all evaporated, then add the water. When it boils, remove from the fire.

PAKSIW PIG'S PATA[1]

Pata	1
Water	6 cupfuls
Vinegar	a little
Peppercorns	½ cupful
Garlic	4 cloves
Bay leaf	1 small piece
Salt	1 teaspoonful
Ripe saba[2]	6

Method of preparing.—Clean and cut the pata into pieces. Into a *carajay* or saucepan put the pata, cover with water, and add the other ingredients except the saba. Cover and bring to a boil, then let cook slowly. When the pata is tender, wash the saba and drop into the *carajay*, cover and cook until the saba is soft.



A holiday roast (suckling pig)

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[1] Pig's pata: Pig's feet.

[2] Saba: Cooking bananas.

PATANI

Patani[1]	½ pound
Lard	2 tablespoonfuls
Garlic	1 clove
Onion (sliced lengthwise)	½
Tomato (cut in small pieces)	1
Patis[2]	1 tablespoonful
Salt	½ teaspoonful
Pork (cut in small pieces)	2 ounces
Shrimps (peeled and cut in small pieces)	2 ounces
Water	½ cupful

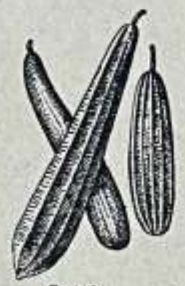
[1] Patani: Fresh lima beans.

[2] Patis: A native sauce.

Method of preparing.—Remove the skin of the beans. Fry the garlic in the lard. When brown, add the onion, tomato, patis, salt, pork and shrimps. Cook them together until the pork is browned. Then add the beans. Stir well and add the water. Boil until the beans are tender.

PATOLA

Lard	3 tablespoonfuls
Garlic	2 cloves
Onion (sliced lengthwise)	1
Shrimps (peeled and cut in halves)	3 tablespoonfuls
Pork (sliced thin)	3 tablespoonfuls
Patis	1 tablespoonful
Salt	½ teaspoonful
Black pepper	⅛ teaspoonful
Patola[1] (peeled and cut crosswise)	3



Patola

[1] Patola: A native vegetable.

NOTE.—No water is needed because patola has enough water in itself.

Method of preparing.—After peeling and cutting the patola crosswise, cut it into pieces one centimeter thick. Fry the garlic in the lard. When nicely browned, add the onion, shrimp, pork, patis, and salt. Cook until the pork begins to get brown, then add the patola and stir well. Cover and cook until the patola becomes clear or until it is sufficiently cooked. It takes about ten minutes.

PESA CHICKEN

Chicken	1 (medium size)
Water	2 quarts (8 cupfuls)
Ginger root	1 piece (2 centimeters long)
Peppercorns	a few
Salt	2 teaspoonfuls
Green onions	few stems

Method of preparing.—Dress the chicken, cut it into halves and put it with the water, ginger root, pepper, and salt into a saucepan. Cover and allow to cook slowly until the chicken is tender. Then wash the onions and add to the chicken. Cook another five minutes.

PESANG ISDA

Fresh white fish	1 (about 8 ounces)
Ginger root	1 cubic inch
Salt	1 teaspoonful
Peppercorns	12
Water	2 cupfuls
Green onion	1 entire stalk
Lard	2 tablespoonfuls
Garlic	1 clove
Onion (sliced lengthwise)	1
Tomatoes (chopped fine)	3 (large)
Salt	1 teaspoonful (extra)

Method of preparing.—Clean the fish and cut it into pieces of a size suitable for serving. Put fish, ginger root, salt, peppercorns, and water into a clean saucepan and boil until the fish is cooked. Just before removing from the fire add the green onion cut into small pieces. Serve with tomato sauce in a separate dish. Make the sauce as follows:

Fry the garlic in the lard and when brown add the onion, chopped tomatoes, and salt. Cook for five minutes until the tomatoes are cooked. Serve hot.

PICADILLO WITH POTATOES

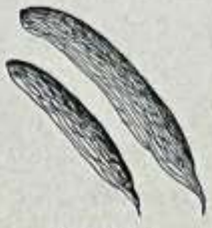
Lard	1 tablespoonful
Garlic	2 cloves
Tomato	1 (medium size)
Minced beef	¾ cupful
Onion	1 (small)
Salt	1 teaspoonful
Water (hot)	2 cupfuls
Potato	1 (large)
Pepper	to taste

Method of preparing.—Fry the garlic in the lard until brown. Then add the tomato, cut into small pieces, and cook for five minutes. Add the minced beef and the onion (chopped) and cook for five minutes. Pour in the hot water and cook slowly. Pare and cut the potato into small cubes. When the meat is about done, put in the potato and cook until soft. Season with pepper to taste.

NOTE.—Green papaya or upo may also be used.

PINAKBET

Ampalaya[1]	2 small ones or 1 large one
Eggplants	3 (medium size)
Tomatoes	2 (medium size)
Fat pork	1 small slice
Water	1 cupful
Salt	1 teaspoonful
Bagoong	2 tablespoonfuls



Ampalaya

Method of preparing.—Cut the ampalaya crosswise, then into quarters; remove seeds and wash. Cut the eggplants crosswise and wash. Cut the pork into small pieces. Put the pork, ampalaya, and eggplants into a *carajay* or saucepan and add the water. Cut the tomatoes into slices and lay on top of the vegetables in the saucepan. Add the salt. Cover and bring slowly to a boil. When the eggplants are half done, add the bagoong and continue cooking until the vegetables are tender and done. During the cooking, stir once in a while to prevent scorching.

PUSO

Puso[1]	1 blossom
Salt	2 tablespoonfuls
Vinegar	¼ cupful
Lard	2 tablespoonfuls
Garlic	1 clove
Pork (sliced thin)	3 tablespoonfuls
Bagoong	1 tablespoonful
Water	½ cupful
Salt (extra)	½ teaspoonful

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[1] Ampalaya or Amargoso: A native gourd.

[1] Puso: Banana blossom.

Method of preparing.—Remove the old parts of the blossom. Cut the remaining young and tender part of it crosswise, one-half centimeter thick. Sprinkle through it two tablespoonfuls of salt and squeeze out the sap. Then wash until all the salt is removed, then add the vinegar. Fry the garlic in the lard until brown. Add the sliced pork, bagoong, and the half teaspoonful of salt. Cook until the pork begins to brown, then add to the first mixture. Stir and cook for two minutes. Add the water and cook until tender.

SARCIADO CABBAGE

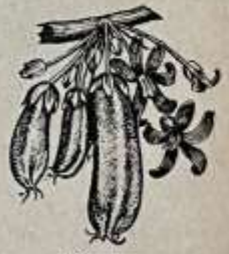
Cabbage	1 head (about 1 pound)
Water	2 cupfuls
Salt	1 teaspoonful
Ham	1 medium slice
Lard	1 tablespoonful
Garlic	3 cloves
Onion	1 (small)
Tomatoes	2

Cabbage

Method of preparing.—Wash the cabbage by soaking it, head down, in a basin of water with a little vinegar added to it. Then put it in a saucepan, add two cupfuls of water, salt and the slice of ham. Cover and let cook until the cabbage is tender. Drain through the colander, save the water, and put the cabbage on a platter. Fry the garlic until brown, add the onion (chopped) and tomatoes, and cook for ten minutes. Then add the water in which the cabbage was boiled. Pour this mixture over the cabbage. Cut the ham into shreds and put it over the cabbage as a garnish.

SINIGANG BEEF

Kamias[1]	6
Tomatoes	2
Beef brisket	1 pound
Hot water	3 cupfuls
Salt	1 teaspoonful
Patis[2] **(if desired)**	2 teaspoonfuls


Kamias

Method of preparing.—Cook the kamias and the tomatoes together. When soft, mash them with a wooden or shell spoon. Add the beef and the rest of the ingredients. Cover and let cook until the beef is tender.

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[1] Kamias: A very acid fruit (native).

[2] Patis: A native sauce.

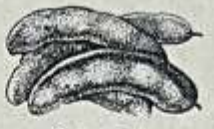
SINIGANG FISH

Kamias	6
Tomato	1
Fish (medium size)	1 pound (about)
Salt	1 teaspoonful
Hot water	1 cupful

Method of preparing.—Cook the kamias and tomato together with a little water. When done mash them well. Clean the fish and cut into slices and put into the saucepan to cook with the kamias and tomatoes. Add the salt. Let cook for from three to five minutes, then add the hot water and cook until the fish is tender.

SINIGANG (No. 1)

Pork	1 pound
Green tamarinds[1]	10
Bagoong	2 tablespoonfuls
Water	2 cupfuls


Tamarind

[1] Tamarind: Native fruit, very acid.

Method of preparing.—Cut the pork into one inch cubes. Boil the tamarinds in one-half cupful of water until soft. Mash, strain, and save the juice. Mix pork, tamarind juice, and bagoong together, then boil until dry. Add the remaining water and boil until the pork is tender.

SINIGANG (No. 2)

Pork	1 pound
Salt	2 teaspoonfuls
Guavas (large and ripe)	6
Water	1½ cupfuls

Method of preparing.—Cut the pork into one inch cubes. Add the salt and cook for about two or three minutes or until the fat of the pork begins to ooze out. Then add the guavas which have been peeled and cut into halves. Add the water and boil until the pork is tender.

SINIGANG (No. 3)

Beef (preferably the shank)	1 pound
Salt	2 tablespoonfuls
Guavas (large and ripe)	6
Water	1½ cupfuls

Method of preparing.—Cut the beef into one inch cubes. Add the salt and cook for two or three minutes or until the fat of the beef begins to ooze out. Then add the guavas which have been peeled and cut into halves. Boil until the beef is tender.

SITAW

Lard	3 tablespoonfuls
Garlic	2 cloves
Onion (sliced lengthwise)	1
Shrimps (peeled and cut into halves)	3 tablespoonfuls
Pork (sliced thin)	3 tablespoonfuls
Bagoong	1 tablespoonful
Salt	½ teaspoonful
Water	1 cupful
Sitaw[1] (cut into small pieces)	2 bunches, or when cut about 3 cupfuls

[1] Sitaw: Very long, native string beans.

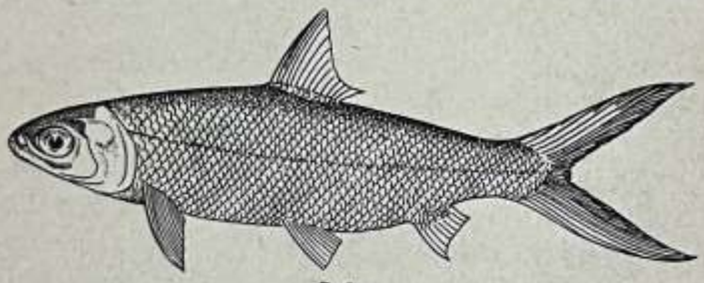
Method of preparing.—Fry the garlic in the lard. When nicely browned add the onion, shrimp, pork, bagoong, and salt. Stir and cook until the pork begins to get brown, then add the sitaw. Stir and cook one or two minutes longer, then add the water and boil until the sitaw are tender.

STUFFED BROILED FISH (BAÑGUS)[1]

Fish (bañgus)	1 (medium size)
Tomato	1 (medium size)
Onion	1 (small)
Salt	1 teaspoonful
Pepper	few grains

[1] *Bañgus* is one of the common varieties of fish found in the Manila markets.

Method of preparing.—Remove the scales from the fish and cut the back open, lengthwise, about three inches. Remove the internal organs and wash the fish thoroughly. Chop the tomato and onion together, add salt and pepper and stuff the fish with it. Tie the fish so as to keep the stuffing in. Bake or broil the fish. When about done, sear both sides with a little lard and continue cooking until the fish is brown on both sides.



Bañgus

TALONG DININGDENG

Water	1 cupful
Tomato	1 (large)
Bagoong (alamang)[1]	2 teaspoonfuls
Shrimps	4 (medium size)
Eggplants	2 (medium size)

[1] Bagoong (alamang): Small shrimps.

Eggplants

Method of preparing.—Boil the water, slice the tomato and add to it. Put in the bagoong. Shell the shrimps and cut into pieces. Add them to the boiling mixture. Pare the eggplants and slice them lengthwise about one centimeter thick. When the tomato and shrimps are cooked, put in the eggplants and cook until tender.

NOTE.—Broiled fish may also be used instead of shrimps.

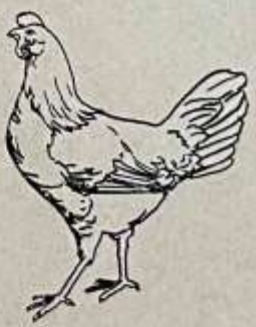
TAUCHIO

Pork	1 pound
Lard	2 tablespoonfuls
Garlic	1 clove
Ginger root (cut into threads)	1 cubic inch
Tauchio or tajore (Chinese sauce)	4 tablespoonfuls
Water	½ cup

Method of preparing.—Cut the pork into thin slices lengthwise. Fry the garlic and when brown add the ginger and pork. Cook until the pork begins to get brown. Add the *tauchio* (Chinese sauce) dissolved in water. Boil until more than one-half of the water is evaporated.

TINOLA CHICKEN

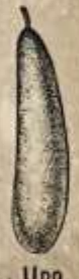
Chicken	1 (medium size)
Lard	2 tablespoonfuls
Garlic	3 cloves
Hot water	6 cupfuls
Ginger root	piece 2 centimeters long
Green papaya	1
Salt and pepper	to taste.



Method of preparing.—Dress and disjoint the chicken. Heat the lard in a *palioc* or frying pan. Wash the garlic and remove outer skin. Put it into the *palioc* and fry until brown. Then add the chicken and cook until light brown. Cover the chicken with the hot water, add the onion, ginger root, and salt. Cover and let cook until the chicken is tender. Peel the green papaya, seed it and cut the fruit into cubes. Wash it and add to the chicken. Let cook for fifteen minutes or until the papaya is soft.

UPO DININGDENG

Fat pork	1/3 cupful
Salt	½ tablespoonful
Water	2/3 cupful
Tomato	1 (medium size)
Bagoong[1]	2 tablespoonfuls
Upo[2]	1 pound


Upo

[1] Bagoong: Small salted shrimps.

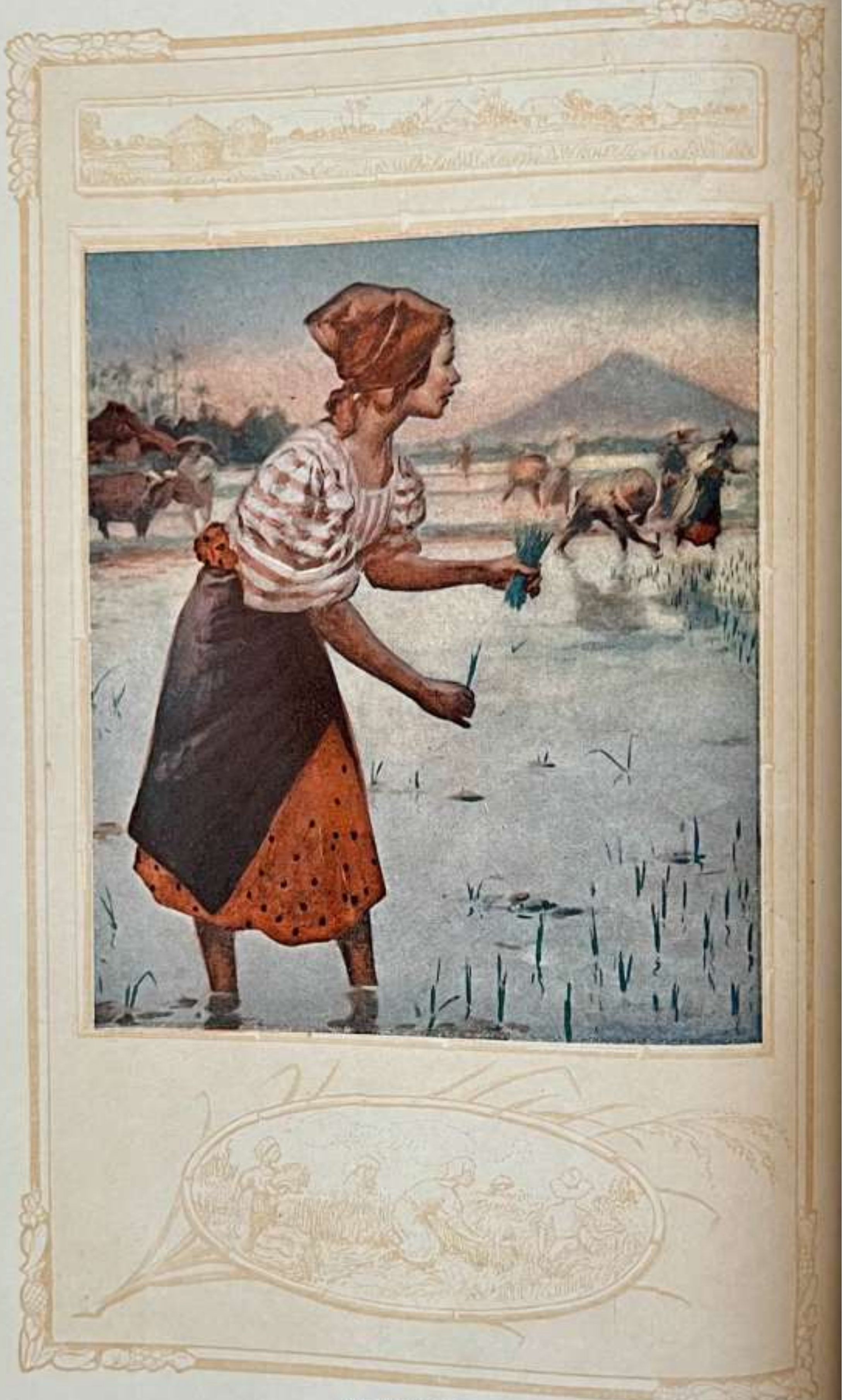
[2] Upo: Large, smooth, pale-greenish gourd.

Method of preparing.—Cut the pork into small slices and put into saucepan or *carajay*. Add half of the water and cook until part of the lard is evaporated. Drain off the rest of the lard, add remainder of water, the tomato chopped fine, and the bagoong. Peel, slice, and seed the upo. When the tomato is partly cooked, add the upo, cover and cook until the upo is done.

UPO GUISADO

Lard	½ tablespoonful
Garlic	2 cloves
Shrimps	3 (medium size)
Bagoong or patis	2 tablespoonfuls
Salt	½ teaspoonful
Upo (sliced)	2 cupfuls

Method of preparing.—Heat the lard and fry the garlic until brown. Peel and chop the shrimps, then fry. Add the bagoong and salt. Wash the sliced upo and add to the mixture. Cover and let cook until the upo is soft. Stir now and then to prevent scorching.



IN THE RICE FIELD

SPANISH RECIPES

[By Miss Cornelia Lichauco]

ARROZ A LA CUBANA

(RICE CUBAN STYLE)

Rice	1 cupful
Beef or pork	½ pound
Tomato	1 large
Pepper	a pinch
Onion	1 small
Sultana raisins	½ cupful
Sweet bananas (saba)[1]	2 or 3
Salt	½ teaspoonful
Eggs, fried	2

[1] Saba: Cooking banana

Method of preparing.—Cook the rice until soft, then set aside. Slice the tomato and onion and put through a meat chopper. Stew these three ingredients with a tablespoonful of fat. When some of the fat comes to the surface add the sultana raisins and the bananas (sliced lengthwise), and sauté. Turn the cooked meat into the center of a porcelain dish, surround with the rice dropped from individual molds alternated with slices of sautéd banana. Place fried eggs in the center on top of the meat.

Rice. (From the kernel to the sack)

ARROZ A LA PAELLA

(CHICKEN WITH RICE)

Small chicken	1
Oxford sausage	1
Tenderloin of pork	½ pound
Pimiento	1 ripe
Tomatoes	3 fresh
Garlic	2 cloves
Parsley	1 sprig
Salt	½ teaspoonful
Red pepper	a dash
Powdered clove	a pinch
Saffron	1 teaspoonful
Fresh peas	1 cupful
Mushrooms	½ pound
Rice	1 cupful
Stock or boiling water	enough to cover

Method of preparing.—Dress, clean, and cut the chicken into pieces for serving; also the sausage and pork. Sauté all in fat and when brown add pimiento, tomatoes, garlic, parsley, salt, pepper, clove, and saffron. Stir until well fried, then add mushrooms and peas and cover with stock or boiling water. Let boil, then stir in the rice and when half cooked reduce the heat and continue cooking, without stirring, until rice is soft. Serve on a platter.

BUÑUELOS

(CREAM CAKES)

Eggs	3
Boiling water	¾ cupful
Flour	¾ cupful
Salt	a pinch

Method of mixing.—Boil the water and add flour at once, stirring vigorously. Remove from fire and add unbeaten eggs, one at a time, beating until thoroughly mixed between addition of eggs. Drop by spoonfuls into deep fat which must be kept at a uniform temperature. Serve with any kind of syrup.

CHURROS

(SPANISH DOUGHNUTS)

Milk	1 cupful
Water	1 cupful
Salt	1 teaspoonful
Butter	½ teaspoonful
Flour	2 cupfuls
Cooking oil	quantity necessary

Method of mixing.—Scald the milk with the water, butter, and salt. When the boiling point is reached, pour gradually on the flour, kneading the dough with a wooden mortar. When all the liquid has been worked into the flour, continue kneading for about five minutes. Put in a pastry bag and force through in three-inch lengths into deep oil in which a piece of stale bread has first been browned to remove unpleasant taste of oil. The oil must be kept at a uniform temperature. If too cold, churros will absorb oil; if too hot, they will brown before sufficiently risen. Serve with chocolate or cocoa.

HOT TAMALES

Toasted rice	1 cupful
Toasted peanuts	1 cupful
Water	5 cupfuls
Coconut	juice of 1
Chopped onion	1 tablespoonful
Salt	1 tablespoonful
Garlic (if desired)	a bit
Sugar	2/3 cupful
Paprika	½ teaspoonful
Cayenne pepper	¼ teaspoonful
Hard boiled eggs	3 (sliced)

Method of preparing.—Scrape coconut meat from shell and squeeze out all the juice with the five cupfuls of water. Wash the rice and brown lightly in the oven, then soak in the coconut juice. Put peanuts in oven until light brown; chop fine and add to first mixture. Grind in stone grinder and strain through cheese cloth. Sauté the onion, garlic, and salt; strain and pour onto ground rice. Put in saucepan, return to fire, stirring constantly, care being taken that it does not adhere to the bottom of the pan. Add the sugar, paprika, and pepper, and when the mixture boils remove from the range. When cold put into individual buttered molds with a slice of hard boiled egg and two peanuts at the bottom. Steam over hot water for two hours, and when cold remove from molds for serving.

Cooking pot

PEPITORIA DE GALLINA

(CHICKEN STEW)

Small chicken	1
Onion	1
Parsley	1 sprig
Flour	1 tablespoonful
Stock or boiling water	3 cupfuls
Salt	½ teaspoonful
Pepper	⅛ teaspoonful
Egg yolks	2
Lemon juice	1 teaspoonful
Lard	2 tablespoonfuls

Onions

Method of preparing.—Dress, clean, cut the chicken into pieces for serving and scald three minutes in boiling water. Drain the water off and stew chicken with lard, parsley, and sliced onion. When light brown, add flour and cover with stock or boiling water. Season, and when tender remove the chicken and thicken the sauce. Strain through cheesecloth and combine with lightly beaten yolks of eggs and the lemon juice. Return to the range but do not boil. Pour over the cooked chicken and serve.

TOCINO DEL CIELO

(RICH SPANISH PUDDING)

Egg yolks	12
Sugar	2 cupfuls
Water	1 cupful
Vanilla	1 teaspoonful

Method of preparing.—Beat yolks of eggs until thick and lemon-colored. Make a syrup with sugar and water and pour gradually on eggs, beating constantly. Put into small individual molds and steam for one hour. Do not remove from moulds until quite cold.

ARROZ A LA CUBANA

(RICE CUBAN STYLE)

[By Mrs. S. Escat]

Diced cold meat	quantity desired
Brown sauce	
Boiled rice	
Fried eggs	
Fried bananas	
Potato chips	

Method of preparing.—This dish is made from left-over meat of any kind, cut into dices and mixed with a savory brown sauce. Arrange a border of well-cooked rice on a platter, put the meat mixture in the middle, on top of the meat put fried eggs, on top of the rice arrange fried bananas, and on top of these arrange a border of potato chips.

NOTE.—This dish is an attractive one and usually well liked. Lacatan bananas are best for this purpose because they are sweet and are improved by frying.

ARROZ CON PESCADO

(RICE WITH FISH)

[By MRS. S. ESCAT]

Rice	1 cupful
Butter	1 tablespoonful
Chopped onion	1 tablespoonful
Finely shredded fish	1 cupful
Salt Paprika	to season

Method of preparing.—Boil the rice twenty minutes in salted water, drain, set aside to dry a little, and then put away to cool. When cold, fry in butter. Keep the fried rice warm while a tablespoonful of chopped onion is cooking to a light brown in a tablespoonful of butter. Add to the cooked onion a cupful of finely shredded fish. (Any left-over fish will do.) Toss it in the pan until warmed through, mix with the browned rice, season with salt and paprika and serve.

NOTE.—For this dish Spanish rice is best because it is larger and does not lose shape when cooked. This is a suitable luncheon dish.

ARROZ A LA VALENCIANA

(RICE VALENCIAN STYLE)

[By MRS. S. ESCAT]

Young chicken	1
Tomatoes	4
Butter	1 tablespoonful
Spanish rice	1 cupful
Hard boiled eggs	4
Spanish sausage	½ pound
Green peppers	2
Chopped onions	2 (small)
Salt Pepper	to season

Tomatoes

Method of preparing.—Cut the chicken into twelve pieces, put it into a saucepan with the sausage, pour over it one cupful of hot water and cook for fifteen minutes. Meanwhile, melt the butter in another saucepan, add the chopped onions and cook, but not brown, for five minutes, then add the green peppers, shredded, cook a few minutes longer, add the tomatoes, first removing the seeds, and cook for ten minutes. Add this mixture to the chicken. Wash the rice and add it to the chicken mixture, cook all together for twenty minutes more in order to cook the rice. It should be rather dry in appearance. Cut each hard boiled egg into four pieces and arrange as a border on the platter on which the *arroz a la Valenciana* is to be served.

CHIPOLATA RAGOUT

[By Mrs. S. Escat]

Pork sausage	1 pound
Button mushrooms	½ cupful
Diced carrots	¼ cupful
Diced turnips	¼ cupful
Truffles	¼ cupful
Lean bacon	2 large slices
Chestnuts	½ cupful
Salt Paprika	to season

Method of preparing.—Cook all of the ingredients separately. Make a rich brown sauce, season with a little juice from the mushrooms and truffles, add salt and paprika to season. The pork sausage should be rolled into small balls and fried, the bacon cut in fine shreds and fried dry. Toss all together and serve in a dish or in a border of rice.

Note.—This is excellent luncheon dish.

MEXICAN STEW

(CHILE CON CARNE)

[By Harriet E. Lyons]

Kidney beans	1 pint
Olive oil or butter	4 tablespoonfuls
Lean beef	1 pound
Chillies	4
Strained tomatoes	1 quart
Salt	to taste

Chillies

Method of preparing.—Wash the beans. Cover with water and soak over night. In the morning, bring to the boiling point, drain and throw water away. Put four tablespoonfuls of olive oil into a kettle and when hot add the beef which has been cut into one-half inch cubes. Shake until brown, then add the beans, four chopped chilies and one quart of strained tomatoes. Cover the kettle and cook for one hour. Season with salt. Serve with rice.

A daughter of the Philippines

FILIPINO RECIPES

[By Miss Cornelia Lichauco]

ATES ICE CREAM

Ripe ates[1]	3
Milk	1 pint
Sugar	½ cupful

[1] Ates: Custard apple.

Method of mixing.—Remove seeds from ates. Scald the milk and add sugar. When cold, strain and add fruit. Freeze and serve.

COCONUT ICE

Tender coconuts (buko)[1]	2
Milk of coconuts	from 2 nuts
Water	1 cupful
Sugar	½ cupful

[1] Buko: Young coconut.

Method of making.—Scrape the meat from the coconuts with a fine metal scraper. Boil the water and sugar together into a syrup and mix with the coconut milk. Strain, and when cold mix with the shredded coconut. Freeze and serve.

MAKAPUNU[1] ICE CREAM

Egg yolks	3
Egg white	1
Milk	1 quart
Sugar	2 cupfuls
Water (cold)	2 cupfuls
Boiling water	amount required
Makapunu	½ nut

[1] Makapunu: A coconut with soft meat.

Method of making.—Beat the egg yolks and white of egg together until thick and lemon-colored. Scald the milk and pour slowly on the eggs, beating constantly. Make a syrup with the sugar and cold water, then pour onto the [redacted] [redacted]

first mixture and strain. Set aside to cool. Take the coconut and scrape out the meat with a fine metal scraper. Place meat in a bowl and pour over boiling water, stirring well to remove all the oil. Turn into a colander and press out all the water, then mix the shredded coconut meat with the milk, egg, and syrup mixture. Freeze and serve.

MANGO ICE CREAM

Large ripe mango	1
Milk	1 pint
Yolks of eggs	3
White of egg	1
Sugar	½ cupful
Vanilla	½ teaspoonful

Mangoes

Method of mixing.—Scald the milk and pour over the beaten eggs mixed with the sugar. Return to the fire, stirring constantly for ten minutes, taking care that the custard does not boil. Peel the mango, cut in small pieces, and rinse in cold water. Drain off the water and when the custard is cold, mix it with the mango, flavor with vanilla and freeze.

PINEAPPLE CREAM PRESERVE

(21 days to prepare)

Ripe pine apples (juice from)	12
Sugar	3 cupfuls
Lemon	1
Water	as required

Method of preparing.—Mix the sugar and pineapple juice, strain and place in a glass or earthen jar six inches in diameter. Cover and leave in the open air exposed to sun and rain for twenty-one days. During this period, care must be taken that the jar is in a steady place, as the least jolt will spoil the process and it may have to be repeated for another three weeks. On the twenty-first day, a thick jelly-like coating of the pineapple will be found on the surface of the mixture. Remove this jelly and rinse thoroughly with water in which two slices of lemon have been added to bleach the jelly. Leave the jelly soaking in this water all the morning, change in the afternoon with another two slices of lemon and let remain over night.

Repeat the process for three days at the end of which boil the jelly with the last rinsing. Then make a thick syrup with four cupfuls of sugar and one quart of water, add the jelly and boil again for about half an hour to allow the jelly to absorb the syrup. Cool and place in preserve jars tightly closed.

Pineapple

To the remaining pineapple juice add one cupful of sugar; strain, stir, and allow to set again for another twenty-one days, and the same result may be obtained.

NOTE.—When Hawaiian pineapples are used less sugar is required in making the recipe. The thickness of the jelly depends on the length of time it is allowed to set, but twenty-one days is the shortest period recommended to obtain satisfactory results.

PINIPIG ICE CREAM

Pinipig[1]	1 cupful
Sugar	1 cupful
Milk	4 cupfuls

[1] Pinipig: A kind of rice.

Method of mixing.—Soak the pinipig in one-fourth of the milk for about half an hour. Scald the rest of the milk and pour slowly onto the pinipig. Return to the fire, add sugar, and let boil for five minutes. Cool and freeze.

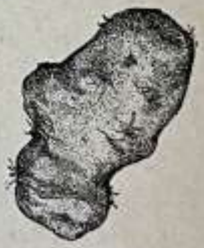
UBE ICE CREAM

(PURPLE POTATO)

Ube[1]	1 (medium size)
Milk	1 quart
Sugar	2 cupfuls

[1] Ube: A large yam.

Method of mixing.—Wash the ube, cover with water, and let boil until tender, then peel and mash. Scald the milk, add the sugar, and pour slowly onto the mashed ube, stirring constantly. When cold, strain and freeze.


Ube

MISCELLANEOUS ORIENTAL RECIPES

BALL CURRIES (Indian Recipe)

[By HARRIET E. LYONS]

Method of preparing.—Prepare curry the usual way. Mix freshly chopped meat with seasoning, form into small balls, and run two or three balls on small sticks (reed or small bamboo) about four inches long. Cook in the curry mixture.

BEEF HAWAIIAN STYLE

[By MRS. GEORGE H. FAIRCHILD]

Beef	a thick slice
Olive oil	1 tablespoonful
Vinegar	1 tablespoonful
Milk	½ pint
Soy	1 tablespoonful
Flour	1 tablespoonful
Butter	1 tablespoonful
Salt and pepper	to season

Method of mixing.—Purchase a thick slice of beef from the upper round, lard it well on one side, brush it with a mixture of the olive oil and vinegar and stand aside for two hours. Then baste both sides with the melted butter, put into a baking pan and brown on both sides, then pour over the milk to which has been added the soy. Cook slowly for one hour, basting frequently with the milk. When done, serve with a sauce made from the juice in the pan, to which is added more milk, as needed, and then thickened with a tablespoonful of flour rubbed into a tablespoonful of butter. Season with salt, pepper, a little lemon juice or a tablespoonful of currant jelly.

CHICKEN CHOP SUEY (Chinese Recipe)

[By MRS. GEORGE H. FAIRCHILD]

Chicken	1
Pork	1 pound
Ginger	½ teaspoonful
Garlic	1 clove
Green onions	1 cupful
Mushrooms	1 cupful
Celery	1 cupful
Green pepper	1
Flour	1 tablespoonful
Sugar	1 tablespoonful
Soy	1 teaspoonful
Stock or water	1 cupful
Sweet oil	2 tablespoonfuls

Method of preparing.—Cut the chicken, pork, garlic, onions, mushrooms, celery, and green pepper into strips. Heat the oil in a saucepan, add pork, ginger, and garlic and cook until the pork is nicely browned. Then add the sugar, flour, soy and all remaining ingredients, the chicken last. Stir in one cupful of stock or water and cook gently until the chicken and pork are done. Serve hot.

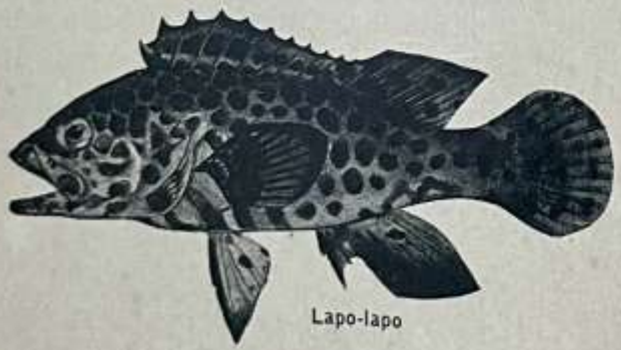
CHINESE BOILED LAPO-LAPO WITH PICKLE SAUCE

[By MRS. S. F. GACHES]

(Contributed by her Chinese cook, AH CHEONG)

Lapo-lapo (alive)	2½ pounds
Sweet pickles (cut into shoe-strings)	½ cupful
Onions (cut into shoe-strings)	1 cupful
Vinegar	½ cupful
Fresh tomatoes (cut into strips)	2
Fish stock	1 cupful
Dry mustard	1 teaspoonful
Flour	1 tablespoonful
Salt	1 teaspoonful
Butter	2 teaspoonfuls
Young green onions	15

Method of preparing.—Clean the fish, place in a pan and pour *boiling* (not *hot*) water over it, enough to cover. Let stand, covered tightly, for two hours (but not over a fire). Remove to a hot platter. Put the butter into saucepan and when it is melted add flour, salt, pepper, and mustard. Add one cupful of the fish stock (liquid in which the fish has been cooked), little by little, then the vinegar, and let all cook for a few minutes. Next add the onions, pickles, tomatoes and green onions. Reheat the lapo-lapo in the first stock, remove, drain, and pour the hot sauce over it. Serve at once.



Lapo-lapo

NOTE.—Any good white fish may be prepared in this way.

CHINESE STUFFED BLACK MUSHROOMS

[By Mrs. S. F. Gaches]

(Contributed by her Chinese cook, Ah Cheong)

Dried black mushrooms	24
Ground ham	1¼ pounds
Ground veal	½ pound
Ground white fish	1 pound
Eggs (beaten)	2
Butter	2 tablespoonfuls
Salt	2 teaspoonfuls
Black pepper	1 saltspoonful
Small white mushrooms (ground)	1 can
Fish stock	½ cupful
Parsley	to taste

Mushrooms

Method of preparing.—Soak the dried, black mushrooms in cold water for one hour, drain and remove the stems. Put them into a saucepan, add butter, salt, pepper, and fish stock (water in which the fish has been cooked) and cook for half an hour. Mix the ham, veal, fish, eggs and white mushrooms, with the seasonings, together. Strain the black mushrooms and stuff with the meat and fish mixture. Place in a colander and steam for one hour. When done, chop parsley very fine and sprinkle over the top. Serve with soyo sauce. The sauce is served in individual dishes.

Note.—This is a delicious entrée. The quantity called for in the recipe will serve twelve people.

CURRY KAWAB (Indian Recipe)

[By Harriet E. Lyons]

Mustard oil	2 tablespoonfuls
Ground onion	4 teaspoonfuls
Ground chillies	1 teaspoonful
Ground ginger	½ teaspoonful
Garlic	¼ teaspoonful
Turmeric	1 teaspoonful
Salt	1½ teaspoonfuls
Coconut milk	1 cupful
Ground coriander	½ teaspoonful
Lemon	1 (juice of)
Ghee (clarified butter)	4 tablespoonfuls
Beef, mutton or veal	2 pounds

Method of preparing.—Take the meat and slash it but do not cut through. Lay it in the mixture of spices, oil, lemon juice, and coconut milk. After twenty minutes, cut the meat into squares and soak it in the mixture for one hour. Now put the meat on a metal skewer and roast over red hot coals, basting with clarified butter. Serve hot. The condiments should be cooked in a little butter with a little flour and water added to make a rich gravy for the kawab.

FILIPINO ROAST DUCK

[By Mrs. S. F. Gaches]

Duck	1
Round steak	1 pound
Lean pork	1 pound
Onion	1
Garlic	½ clove
Green pepper	1
Salt	1½ teaspoonfuls
Pepper	¼ teaspoonful
Egg	1
Soft breadcrumbs	1 large cupful
Sliced thin bacon	6
Canned tomatoes	2 cupfuls

Method of preparing.—Kill, clean, and prepare the duck the day before using. When ready to cook, bone it. Grind the steak and pork, chop the onion, garlic, and green pepper fine and combine with the pork and steak. Add the egg well beaten and mix all together with the breadcrumbs. Season. Stuff the duck and place in a roasting pan. Dredge with flour and season. Lay the sliced bacon over the top and pour the tomatoes over and around the duck. Bake for an hour and a half or until the duck is done, basting frequently. When done, remove to a hot platter, cut up the bacon in small bits and serve with a gravy made from the brown juice.

Note.—This is very delicious.

FRICEO (Hawaiian Style)

[By Mrs. George H. Fairchild]

Beef	1 pound
Potatoes (good size)	3
Onions (good size)	4
Tomatoes	4
Butter	1 tablespoonful
Thick sour cream	½ cupful

Method of mixing.—Cut one pound of beef from the round into cubes one inch thick, then with a potato masher flatten each one with a hard blow. Pare and cut into slices the potatoes, peel and cut into thin slices the onions. Put into a baking dish a layer of potatoes, then a layer of meat, then a layer of onions. Dust with salt and pepper. Chop the tomatoes rather fine and add a layer over the onions. Cut the butter in small pieces and put over the tomatoes. Repeat until all material is used. Pour over the top half a cup of thick sour cream. Cover the dish (either pudding dish or casserole mold), stand in a pan of hot water and cook in the oven for two hours.

HINDUSTANI CHICKEN PALAO

[By Harriet E. Lyons]

Chicken	1
Beef	1 pound
Ginger Salt	to taste
Onion	3 small
Rice	½ pound
Cinnamon	3 sticks
Cloves	6
Mace	to taste
Butter or crisco	8 tablespoonfuls

Method of preparing.—Cut up the chicken and beef. Boil in enough water to cook tender, adding ginger, salt and one onion. When well cooked, remove chicken and beef and set them and the gravy aside. Slice two onions lengthwise and fry a golden brown in eight tablespoonfuls of melted butter. Add the rice, well washed, and allow it to absorb the melted butter (the fried onion having been removed and set aside). Next add the cinnamon, cloves, a little salt and mace. Now pour over this the gravy entirely to cover the rice and cook over a slow fire until the rice absorbs the gravy, continuing to decrease the fire, and stirring. Brown the boiled chicken and beef and serve on a large platter. Cover with the palao and strew the fried onions over the top.

INDIAN CHUTNEY

[By Harriet E. Lyons]

Mangoes (green)	25 medium
Sugar	3 pounds
Raisins	1 pound
Green ginger	½ pound
Garlic	2 ounces
Chillies	2 ounces
Salt	½ pound
Vinegar	1½ pints

Method of preparing.—Peel and slice mangoes. Grind garlic, ginger, chillies and salt in a little vinegar. Make a syrup of sugar and vinegar. Put everything together and boil for thirty minutes.

MALAY CURRY POWDER

[By Harriet E. Lyons]

Coriander	1 heaping tablespoonful
Lemon grass or leaves of lemon verbena	2 blades
Mustard seed	1 teaspoonful
Cummin seed or aniseed	1½ teaspoonfuls
Dried chillies	2 or 3, to taste
Turmeric	½ teaspoonful
Cloves	3
Cinnamon	1 small stick
Cardamons	2 or 3
Green ginger	½ teaspoonful, mashed
Garlic	½ teaspoonful
Coconut	small piece, mashed
Ghee (clarified butter)	6 tablespoonfuls
Onion	1 (sliced)
Coconut	1 (whole)
Boiling water	1 pint

Method of preparing.—Grind everything into powder, excepting ghee (clarified butter) and onion. Keep adding a little water as you grind on a curry stone or in a mortar. Heat the ghee well and fry the sliced onion in it a pale brown. Remove onion and add at the last. Put in the ground ingredients (or, if preferred, one tablespoonful of curry powder) and fry gently for ten minutes. Add to the curry one and one-half cupfuls of coconut milk made from pressing one pint of boiling water through the grated meat of one coconut. Next add the meat (or fish or chicken) and cook for fifteen minutes. If there is too much gravy, add a teaspoonful of slaked flour. Serve over rice, with garnish of shredded codfish browned, chutney, India relish, etc.

NOTE.—The meat, fish, or chicken must be cooked tender before adding to the curry. This recipe is sufficient for four people.

MANGO CHUTNEY

[By MRS. GEORGE H. FAIRCHILD]

Green mangoes	4 pounds
Almonds	1 pound
Green ginger	½ pound
Salt	½ pound
Raisins	2 pounds
Garlic	2 ounces
Brown sugar	3 pounds
Chillies	2 ounces
Vinegar	1 pint

Mangoes

Method of mixing.—Peel and grate the mangoes; blanch and pound the almonds to a paste, and scrape and slice the ginger. Mix the salt and sugar with the mangoes and stand over night. Then add all the other ingredients. Put into a wide-mouthed bottle and stand aside in the sunlight for two weeks.

POTATO AND MANGO (Hawaiian Recipe)

[By MRS. GEORGE H. FAIRCHILD]

Potatoes	4 (good size)
Green mangoes	6
Melted butter	2 tablespoonfuls
Pepper Salt	to taste

Method of preparing.—Pare the potatoes, boil until tender, drain, dust with salt and shake until dry. Pare the mangoes, slice and boil until tender, drain and dust with salt and pepper. Combine potatoes and mangoes, pour over them melted butter, and serve.

SUKIYAKI

(A delicious Japanese dish)

[By Mrs. S. F. Gaches]

Chickens	3 if Filipino chickens; or 1 six-pound American chicken
Fresh string beans	1 pound
Fresh cabbage	2½ pounds
Bamboo	1 cane
Fresh or dried mushrooms	½ pound
Onions (sliced)	6 large ones
Green peas (in pods)	½ pound
Young green onions	1 dozen
Japanese soyo sauce	to season
Sugar	½ teaspoonful (even)
Rice	for twelve people
Eggs	4

Method of preparing.—Clean the chickens in the usual way. Skin, bone, and remove all the fat. Set the fat aside in a separate dish (be careful to get all the fat). Now cut the chicken meat into one and a half inch cubes; clean all the vegetables by washing thoroughly; cut the cabbage into squares of about two by two inches and keep in a separate dish; cut the string beans, green peas, young green onions, and mushrooms in halves; slice the bamboo and large onions, then cut into halves. Keep all these vegetables in separate dishes. Now place a large frying pan over a not too flaming gas fire, throw in the chicken fat, and when well rendered (be careful not to burn it) add the chicken. When this is nicely browned, add the cabbage, then the sliced onions, then the bamboo, then the mushrooms, then the green onions, peas, and beans, adding from time to time a little soyo sauce to suit the taste. About the middle of the cooking add the sugar. Cook slowly, stirring very frequently until the vegetables are tender. Do not add salt or pepper as the soyo sauce contains all the desired flavors and as much of this may be added as liked. There will be plenty of juice from the vegetables and soyo sauce, so do not add water. Just before the mixture is ready to serve add slowly four slightly beaten eggs, stirring constantly. Have the rice soft-cooked and *piping hot.* Serve the rice in individual bowls, heap as much of the *sukiyaki* as liked on top of it, and eat with a fork or chopsticks.

Note.—Soyo Sauce is called in the Filipino shops "Toyo Sauce." "Tokyo Soyo Sauce" is the best brand and may be obtained at any first-class Japanese bazaar.

TAMARIND CHUTNEY (Hawaiian Recipe)

[By Mrs. George H. Fairchild]

Dates	1 pound
Green ginger root	½ pound
Malaga raisins	1 pound
Onions	1 pound
Chillies	¼ pound
Brown sugar	¼ pound
Salt	2 tablespoonfuls
Tarragon vinegar	½ pint
Tamarinds	½ pound bottle or jar

Tamarind

Method of preparing.—Remove the stones and chop the tamarinds, the dates, and raisins. Chop the onions and pound the chillies, then scrape and slice the ginger root. Mix all the ingredients together, bottle and seal.

This is perhaps one of the nicest of all the chutneys.

TURKISH PALAO

[By Harriet E. Lyons]

Rice	½ cupful
Tomatoes	1 cupful
Salt	1 tablespoonful
Pepper	to taste
Cloves	3
Bay leaf	1
Cheese (grated)	¼ cupful
Sauce	½ cupful
Crisco	2 tablespoonfuls
Onion	1
Breadcrumbs	1 cupful
Flour	1 tablespoonful
Butter	1 tablespoonful

Method of preparing.—Make one-half cupful of sauce by browning the flour in the butter and adding water until a smooth sauce is obtained. Add the tomatoes, salt, pepper, cloves and bay leaf. Then add the chopped onion which has been browned in the two tablespoonfuls of crisco, and cook. Strain and add to the rice and cook in a double boiler for forty-five minutes. Pour into a baking dish, cover with the grated cheese and breadcrumbs and brown in the oven.

BREAD

BRAN BREAD

[By Mrs. C. F. Hickerson, Jr.]

Butter or other shortening	½ cupful
Eggs	2
Salt	½ teaspoonful
Molasses	1 cupful
Brown sugar	½ cupful
Bran	2 cupfuls
Graham flour	2 cupfuls
White flour	2 cupfuls
Sour milk or water	2 cupfuls
Soda	1 heaping teaspoonful
Lemon rind	1 (grated)
Raisins	½ pound
Chopped nuts	1 cupful

Method of mixing.—Cream the shortening and sugar and add the yolks of the eggs beaten until thick; dissolve the soda in one teaspoonful of hot water and add to the milk or water and then stir into the molasses. Add this to the shortening, sugar, and eggs and stir thoroughly. Then add the rest of the ingredients, beating the whites of the eggs to a stiff froth and adding last. Pour into a greased pan and let stand for half an hour. Bake in a medium oven.

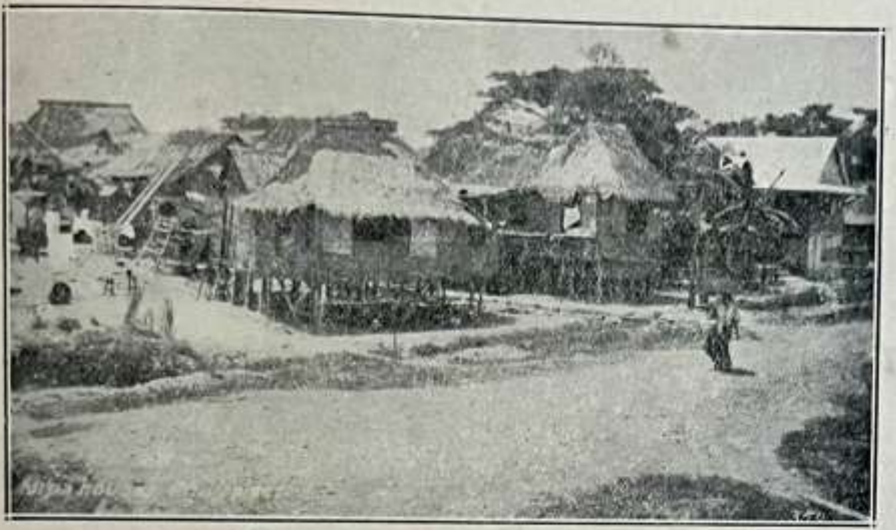
BRAN GEMS

[By Mrs. Charles F. Massey]

Egg	1
Sugar	2 tablespoonfuls
Milk	½ cupful
Baking powder	1 teaspoonful
Salt	1/3 teaspoonful
Melted butter	1 tablespoonful
Sifted flour	½ cupful
Bran	1 cupful
Raisins or dates	1 cupful

"Give us this day our daily bread."

Method of mixing.—Mix the above ingredients in the order given, first beating the egg well. Beat the mixture and drop into hot, well greased gem pans.



A barrio scene

BROWN BREAD

[By Mrs. Thomas A. Street]

Graham flour	1½ cupfuls
Cornmeal	½ cupful
White flour	1 cupful
Molasses	¾ cupful
Milk	2 cupfuls
Soda	¾ tablespoonful
Salt	1 tablespoonful
Raisins and nuts	as many as desired

Method of mixing.—Sift the dry ingredients together and add to the rest. Pour into a well buttered tin and steam three hours.

Note.—Brown bread should be dried off in a moderate oven for a few minutes after being taken from the steamer.

CORN BREAD

[By Mrs. Thomas A. Street]

Cornmeal	1 cupful
Flour	2 cupfuls
Sugar	4 tablespoonfuls
Salt	1 teaspoonful
Milk	1 cupful
Melted butter	2 tablespoonfuls
Eggs	2
Baking powder	9 teaspoonfuls (level)

Method of mixing.—Mix and sift the dry ingredients, add the milk, eggs (well beaten), and butter. Bake in a shallow buttered pan in a hot oven twenty minutes.

CORN BREAD (Country Style)

[By Mrs. G. A. Cresap]

Corn

Cornmeal	¾ cupful
Flour	½ cupful
Sugar	¼ cupful
Soda	½ teaspoonful
Salt	½ teaspoonful
Egg	1
Sour cream or buttermilk	1 cupful
Shortening (melted)	3 tablespoonfuls

Method of mixing.—Beat the egg very light, add sour cream or buttermilk and melted shortening, then stir in the dry ingredients which have been mixed together. Bake in a shallow pan about twenty-five minutes.

CORNMEAL WAFFLES

[By Mrs. Charles Maxwell Colton]

Yellow cornmeal	1 cupful
Flour	1½ cupfuls
Eggs	2
Salt	½ teaspoonful
Soda	1 teaspoonful
Sour milk	1½ cupfuls

Method of mixing.—Mix together the cornmeal, sifted flour, eggs (well beaten), and the salt. Dissolve the soda in the sour milk and add slowly to the first mixture. Have the waffle iron hot and well oiled. Bake quickly. Serve with butter, honey, maple syrup or scraped maple sugar.

EMERGENCY BISCUITS

[By Mrs. N. E. Thompson]

Flour	2 cupfuls
Baking powder	4 teaspoonfuls
Salt	½ teaspoonful
Butter	3 tablespoonfuls
Milk	⅞ cupful

Method of mixing.—Sift together flour, baking powder and salt, cut in butter, add milk, mixing with a knife. Drop by tablespoonfuls on buttered pan one inch apart and bake for twelve minutes in a hot oven.

FRENCH TOAST

[By Mrs. Louis McCall]

Bread	3 slices
Egg	1
Salt	¼ teaspoonful
Pepper	a few grains
Milk	1 tablespoonful

Method of mixing.—Beat the egg slightly, add salt, pepper and milk. Soak the bread in this mixture until soft. Cook on a hot, well greased griddle, browning first on one side and then on the other. This makes a suitable breakfast dish.

GRIDDLE CAKES

[By Mrs. Louis McCall]

Flour	1¾ cupfuls
Salt	½ teaspoonful
Eggs	2
Milk	1½ cupfuls
Shortening	1 tablespoonful
Baking powder	3 teaspoonfuls

Method of mixing.—Mix and sift dry ingredients; add beaten eggs, milk, and melted shortening. Mix well. Bake immediately on slightly greased hot griddle until brown. Serve with butter and maple syrup.

HOT CORN BREAD WITH RAISINS

[By Mrs. W. G. McVean]

Butter	2 tablespoonfuls
Sugar	4 tablespoonfuls
Salt	½ teaspoonful
Eggs	4
Milk	2 cupfuls
Cornmeal	1 pound
Wheat flour	½ pound
Baking powder	2 teaspoonfuls
Raisins	1 cupful

Method of mixing.—Cream butter and sugar, add the salt, then the eggs, singly, and one cupful of milk. Beat well. Sift together flour and baking powder, mix with cornmeal and gradually sift into above mixture. Add the other cupful of milk and the raisins. Bake in buttered molds in hot oven from twelve to fifteen minutes. Serve hot.

MUFFINS

[By Mrs. H. Eugene Stafford]

Flour	1 heaping cupful
Butter	1¼ tablespoonfuls
Sugar	1½ tablespoonfuls
Baking powder	1½ teaspoonfuls
Milk	½ cupful
Eggs	2
Salt	a little

Method of mixing.—Cream the sugar and butter, add the eggs, stir until creamy, then add the milk and mix well. Sift together flour, baking powder, and salt, then add to the liquid. Turn at once into *hot* gem pans and bake for fifteen minutes in a hot oven.

NUT BREAD

[By Mrs. I. B. Dexter]

White flour	1 cupful
Graham flour	3½ cupfuls
Baking powder	4 teaspoonfuls
Salt	1 teaspoonful
Brown sugar	1 cupful
Crisco	½ cupful
Sweet milk	1 cupful
Seeded raisins	1 cupful
Chopped walnuts	1 cupful

Method of mixing.—Cream sugar and crisco, add the salt and milk. Sift baking powder and white flour together and mix with the graham flour, walnuts, and raisins; then gradually work this into the milk, sugar, and crisco. Bake in a loaf in a moderate oven.

NUT BREAD

[By Mrs. S. D. Rowlands]

Graham flour	2 cupfuls
White flour	1½ cupfuls
Cornmeal	½ cupful
Brown sugar	½ cupful
Molasses	½ cupful
Sour milk	2 cupfuls
Chopped walnuts	1 cupful
Soda	2 teaspoonfuls
Baking powder	1 level teaspoonful

Method of mixing.—Dissolve the soda in the sour milk and add to the molasses and brown sugar. Sift the baking powder with the white flour, combine with the graham flour and cornmeal and add to the first mixture, then add the walnuts. Bake in a moderate oven from three-quarters of an hour to one hour.

NUT BREAD

[By Mrs. Thomas A. Street]

Graham flour	1 cupful
White flour	1 cupful
Raisins	½ cupful
Nut kernels	½ cupful
Baking powder	1 teaspoonful (rounding)
Soda	¼ teaspoonful
Black molasses	½ cupful
Sour milk	1 cupful

Method of mixing.—Dissolve the soda and baking powder in a little warm water and add to the molasses, stirring well, then add sour milk, the graham and white flour sifted, then nuts, and raisins. Mix thoroughly and bake in a slow oven about one hour, or put into baking powder cans and steam from one and a half to two hours.

Note.—Sweet milk may be used instead of sour, in which case add one teaspoonful of vinegar and mix with the molasses.

RICE MUFFINS

[By MRS. CHARLES MAXWELL COLTON]

Rice (uncooked)	½ cupful
Butter	1 tablespoonful (heaping)
Egg	1
Flour	½ pint
Milk	½ pint
Baking powder	½ teaspoonful
Salt	to season

In a "caingin"

Method of mixing.—Boil the rice in salted water for half an hour. Drain well and measure out four heaping tablespoonfuls of it into a mixing bowl and while hot stir in the butter. Beat the egg light, add it to the butter and rice mixture and add the salt. Sift the flour and baking powder together and add to the mixture, alternating it with the milk. Pour the mixture into muffin pans, which have been thoroughly heated and well buttered. Bake for twenty minutes.

RICE WAFFLES

[By Mrs. E. Moffatt]

Boiled rice	2 cupfuls
Eggs	2
Sugar	2 tablespoonfuls
Milk	enough to pour the batter

Method of mixing.—Beat the eggs well, add the sugar, then add to the boiled rice. Add enough milk so that the mixture will pour into hot oiled waffle irons. Serve with maple syrup.

SOUTHERN BEATEN BISCUITS

[By Mrs. Louis McCall]

Flour	1 pint
Lard	1 tablespoonful
Salt	1 teaspoonful

Method of mixing.—Mix lard and salt thoroughly with flour, then add water enough to make very stiff dough. Beat with a hammer or knead until the dough is smooth and snaps, about twenty minutes; roll about three-fourths of an inch thick, cut into rounds, prick with a fork and bake in a quick oven.

WAFFLES

[By Mrs. A. J. Grant]

Flour	2 cupfuls
Milk	1½ cupfuls
Sugar	1 tablespoonful
Salt	½ teaspoonful
Eggs	3
Butter (melted)	1 tablespoonful
Baking powder	3 teaspoonfuls

Method of mixing.—Sift flour and baking powder together, add sugar and salt, then milk and the well beaten yolks of eggs, then the melted butter, and lastly the stiffly beaten whites of eggs. Fry on a very hot, well greased waffle iron and serve immediately with honey or maple syrup.

"Do not wait with grace unspoken
While life's daily bread is broken."

CAKES

HINTS FOR GOOD CAKE BAKING

Selecting ingredients.—A good cake cannot be made with poor ingredients. For the best results choose only the purest materials obtainable. Cake is a food that contains the most nutritive elements, such as eggs, butter, milk, best quality of flours, etc. Cake is more delicate than bread and needs a more delicate flour.

Measuring.—All ingredients called for in any good cake recipe must be accurately mixed and all measurements should be level. This is necessary in order to obtain the same results in each baking. The standard one-half pint measuring cup should be used and the recipe followed exactly.

Careful mixing.—It is necessary in successful cake baking that all ingredients be perfectly measured and utensils and cake tins be ready before beginning to mix the cake. Always beat the shortening to a cream before adding any sugar. Add sugar gradually, creaming the mixture meanwhile. Add a little sifted flour, with baking powder added, then a little milk and so on alternately until all the flour and milk are used. Beat the batter, never stirring, after each addition of flour and milk. Add flavoring. The stiffly beaten egg whites should next be folded in very carefully if recipe calls for same. Work quickly, but carefully, in mixing cake.

Correct oven heat.—The heat of the oven for cake baking is of very great importance. There are some general guides for temperature which may be profitably observed. All thin layer, small cakes and cookies require a hot oven (350-375° F.). Thick layer cakes and cakes baked in a loaf require a moderate oven (325-350° F.), while sponge cakes and angel cakes require a slow oven (250-300° F.). Fruit cakes require even a slower oven (225-250° F.).

TIME-TABLE FOR BAKING CAKE

Fruit cake (medium size)	2 to 3 hours
Layer cakes	15 to 20 minutes
Sponge cake, loaf (according to size)	45 to 60 minutes
Sponge cake, sheet	25 to 30 minutes
Gingerbread (according to size)	30 to 45 minutes
Butter cakes, loaf	50 to 60 minutes
Butter cakes, sheet	30 to 40 minutes
Pie crust	30 to 45 minutes

AFTERNOON TEA CAKE

[By Mrs. Charles Maxwell Colton]

Butter	1 large spoonful
Sugar	½ cupful
Egg	1
Milk	½ cupful
Flour	1½ cupfuls
Baking powder	1 heaping teaspoonful
Chopped almonds	2 tablespoonfuls
Cinnamon	1 teaspoonful

Method of mixing.—Cream the butter and sugar; add the egg and beat thoroughly until light; sift the flour with the baking powder three times and add alternately to the mixture with the milk. Put the batter into an oblong or square baking tin and place the tin in a moderate oven until the cake is set. Then remove from the oven very carefully, put little dabs of butter over the top of the cake and sprinkle over the butter the cinnamon mixed with a little sugar and the chopped almonds. Put the cake back into the oven, very carefully, and bake about thirty minutes.

Note.—If the batter for this cake is thoroughly and briskly beaten, the cake will always turn out a most delicious addition to the afternoon tea.

ANGEL FOOD CAKE

[By Mrs. A. J. Gibson]

Eggs (whites)	11
Sugar	1¼ cupfuls
Flour	1 cupful
Cream of tartar	1 level teaspoonful
Salt	¼ teaspoonful
Vanilla	1 teaspoonful

Method of mixing.—Beat the eggs to a stiff *meringue*, then add salt, cream of tartar and vanilla, gradually, beating constantly. Add the sugar (sifted three times) slowly, stirring all the time. Now add the flour (sifted five times), gradually, stirring until it is all well mixed. Pour into a perfectly clean pan. Put into a cold oven, light one gas burner, bake one hour without jarring the stove or opening the oven door. About twenty minutes before the cake is done, light a second gas burner. When the cake is done, take out and let cool in the pan in which baked. Then remove.

APPLE CAKE

[By Mrs. G. A. Cresap]

Butter	1/3 cupful
Sugar	1 cupful
Lemon rind	1 lemon
Eggs	2
Salt	½ teaspoonful
Milk	½ cupful
Flour	1¾ cupfuls
Baking powder	3 level teaspoonfuls

Method of mixing.—Cream the butter, beat in the sugar and grated rind of lemon. Beat the eggs light and add to the mixture. Sift the baking powder, salt, and flour together three times and add with the milk, alternately, to the rest of the ingredients. Beat well and bake in two layers. Put the layers together with apple filling and sift powdered sugar over the top.

APPLE FILLING

[By Mrs. G. A. Cresap]

Apple	1 large
Lemon juice	1 lemon
Sugar	1 cupful
Egg	1
Butter	1 tablespoonful

Method of mixing.—Grate the apple, add the lemon juice and three-fourths of the sugar and put into a double boiler to heat. Beat the egg until light, add the rest of the sugar to it and stir into the hot mixture. Continue to cook and stir until the froth disappears and the mixture thickens. Remove from the fire and beat in the butter. Use when cake and filling are cold.

BOILED SPONGE CAKE

[By MRS. C. S. SALMON]

Sugar	¾ pound
Water	¼ cupful
Eggs (yolks of)	½ cupful
Whites of eggs	¾ cupful
Flour	½ pound (scant)
Lemon (juice of)	½

Method of mixing.—Boil sugar and water until it threads; beat the whites of eggs dry and stiff, pour the boiled water and sugar into them slowly and beat until cool; add the well beaten yolk, then fold in flour lightly.

BUTTER SCOTCH COOKIES

[By MRS. F. O. SMOLT]

Brown sugar	2 cupfuls
Butter	½ cupful
Lard	½ cupful
Eggs	2
Flour	4 cupfuls
Nuts	1 cupful
Soda	1 teaspoonful
Cream of tartar	1 teaspoonful
Vanilla	1 teaspoonful

Method of mixing.—Cream sugar and shortening, add the well beaten eggs, vanilla, and nuts and lastly work in flour sifted with soda and cream of tartar. Let stand over night. In the morning cut into cookies and bake.

BUTTERLESS-EGGLESS CAKE

[By MRS. H. W. REYNOLDS]

Sugar	1 cupful
Coffee	1 cupful
Raisins	1 cupful
Crisco	1 tablespoonful
Flour	2 cupfuls
Cocoa	2 tablespoonfuls
Cinnamon	1 teaspoonful
Cloves	⅓ teaspoonful
Salt	½ teaspoonful
Baking powder	1 teaspoonful
Soda	1 teaspoonful
Nuts (chopped)	1 cupful

Method of mixing.—Boil all the ingredients together, except the flour, baking powder, soda, and nuts, until the raising are soft and full. When cool, add the soda, then the flour and baking powder, and lastly the chopped nuts. Bake slowly in a large flat pan.

CHOCOLATE NUT BARS

[By Mrs. S. F. Gaches]

Sugar	1 cupful
Eggs	2
Chocolate	2 squares
Milk	½ cupful
Flour	½ cupful
Baking powder	½ teaspoonful
Salt	a pinch
Nuts	1 cupful
Vanilla	1 teaspoonful

Method of mixing.—Beat together the sugar and eggs. Melt together the chocolate and milk. Sift together the flour, baking powder, and salt. Combine the three mixtures, add the nuts, chopped, and the vanilla. Mix well, bake in a sheet pan and when done cut into squares and dip in powdered sugar.

COCOA CAKE

[By Mrs. C. S. Salmon]

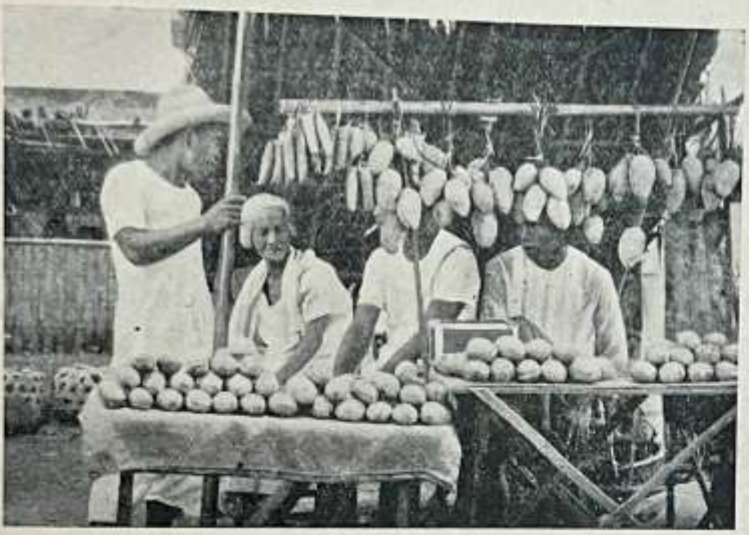
Eggs	4
Sugar	2 cupfuls
Crisco (melted)	½ cupful
Sour milk	1 full cupful
Cocoa	½ cupful
Flour	2½ cupfuls
Salt	1 teaspoonful
Vanilla	1 teaspoonful
Soda	1 teaspoonful
Boiling water	½ cupful

Method of mixing.—Beat the eggs, add sugar gradually and then the melted crisco and the milk. Sift the cocoa and salt with the flour and add to the liquid mixture, then add the soda which has been dissolved in the boiling water. Put into two tins about eight inches square and bake in a quick oven. Cover with the following frosting:

FROSTING

Powdered sugar	½ pound
Cocoa	2 tablespoonfuls
Butter	a lump
Strong, hot coffee	as needed

Method of mixing.—Cream the butter, sugar, and cocoa together and flavor with enough strong hot coffee to make the mixture of the right consistency to spread.



Fruit vendors in a town market

COOKIES

[By Mrs. Charles F. Massey]

Sugar	½ cupful
Butter	½ cupful
Flour	2 cupfuls
Cold water	2 tablespoonfuls
Spices	¼ teaspoonful (mixed)
Nut meats	½ cupful
Lemon rind	from one lemon
Baking powder	1 teaspoonful

Method of mixing.—Cream the butter and sugar, add the cold water, flour with baking powder sifted in it, spices and lemon rind, grated. Lastly add the nut meats. Work into a dough and roll out, then cut into cooky shapes.

CREAM PUFFS

[By Mrs. A. J. Gibson]

Boiling water	1 cupful
Butter or other shortening	½ cupful
Salt	½ teaspoonful
Flour	1 cupful
Eggs	3

Method of mixing.—Stir the shortening in the boiling water until it is all dissolved. Add salt, then the flour which has been sifted seven times, stirring constantly. Now break one egg at a time into the mixture, without beating, but stirring constantly after the addition of each egg. When well mixed, drop from a tablespoon onto a greased pan, about four inches apart to permit spreading. Bake in a moderate oven. When done, cut the top open and fill with whipped cream or a soft custard.

DANISH VANILLA RINGS

[By Mrs. H. Eugene Stafford]

Flour	1 pound
Butter	¾ pound
Egg	1
Sugar	½ pound
Almonds	½ pound
Vanilla bean	½

Method of mixing.—Sift the flour in a heap in the middle of the bread board, taking out a small portion to use for rolling. Make a dent in the middle of the flour on the board. Break the egg into this. Wash the salt out of the butter and dry it in a clean napkin. Pound the vanilla bean fine with the sugar and almonds. Now mix flour, egg, butter, sugar, and almonds to hard dough, roll out to a long stick and set aside in the ice-box for half an hour. Then take out, cut slices from the end of the stick of dough, roll into strips and fasten the ends together forming a ring. Bake in a moderate oven until light brown.

Note.—These cakes will keep a long time if kept in a tightly closed tin box.

DATE BARS

[By Mrs. S. F. Gaches]

Nuts	1 pound
Dates	1 pound
Eggs	4
Sugar	1 cupful
Flour	1 cupful
Vanilla	1 teaspoonful
Baking powder	2 teaspoonfuls

Method of mixing.—Beat the eggs until light-colored and thick. Add the sugar and beat again. Sift the baking powder with the flour and add to the eggs and sugar. Chop the nuts and dates and add to the mixture, add the vanilla, mix well, spread on a sheet pan and bake forty-five minutes in a slow oven. When done, cut into cubes or bars and roll in powdered sugar.

DATE LOAF

[By Mrs. W. S. Hall]

Flour	1 cupful
Baking powder	1 teaspoonful
Salt	½ teaspoonful
Sugar	1 cupful
Eggs	4
Vanilla	1 teaspoonful
Walnuts	1 pound
Dates	1 pound

Method of mixing.—Prepare the dates and walnuts, but do not chop them—have them whole. Put them into a mixing bowl, sift over them the baking powder, flour, salt, and sugar together. Add the well beaten egg yolks; fold in the whites beaten stiff, and the vanilla. Bake one hour in a moderate oven.

DEVIL'S FOOD

[By Mrs. C. S. Salmon]

Eggs	3
Sugar	1½ cupfuls
Butter or crisco	½ cupful
Sour milk	½ cupful
Flour	1½ cupfuls
Cocoa	7 teaspoonfuls
Soda	1 teaspoonful
Boiling water	½ cupful
Vanilla	1 teaspoonful
Salt (if crisco is used)	a pinch

Method of mixing.—Cream the shortening and sugar, add the eggs well beaten, then the sour milk and the boiling water with the soda dissolved in it. Mix thoroughly, then add the flour and cocoa, lastly the vanilla. Bake in a moderate oven.

NOTE.—If sweet milk is used, sift two teaspoonfuls of cream of tartar with the flour.

DOUGHNUTS

[By MRS. J. T. KINNEY]

Sugar	2 teacupfuls
Eggs	3
Milk	1½ teacupfuls
Butter (melted)	6 tablespoonfuls
Salt	1 teaspoonful
Baking powder	5 heaping teaspoonfuls
Flour	enough to roll out nicely

Method of mixing.—Beat the eggs until light-colored and thick, add the sugar and mix well. Add the milk and salt, then the melted butter, and flour. Roll out, cut into rounds with a hole in the middle, and fry in crisco deep enough to cover them.

NOTE.—This amount makes four dozen doughnuts.

DUCHESS LOAVES

[By MRS. H. EUGENE STAFFORD]

Eggs	6
Sugar	8 ounces
Flour	5 ounces
Orange or lemon sugar	a little
Salt	a pinch
Chopped almonds	6 ounces

Method of mixing.—Beat the yolks of the eggs and the sugar to a cream. Mix the salt with half of the flour, stir it into the sugar and egg mixture, then add remainder of the flour, taking care to keep the batter light and firm. Drop onto a pastry board in the form of small balls and roll out each one to the size of a finger, then place in order on a baking sheet, brush with egg and bake to a light-brown color. Just before the cakes are done, take out from the oven, dust with powdered sugar, bake again until the sugar is melted and presents a glassy appearance. Then remove from the oven and just before serving cut a slit in one side and fill with any kind of cream filling or jam, or whipped cream.

This is a good dessert for luncheon served with a glass of port or Madeira wine.

EVELAND SPONGE CAKE

[By Harriet E. Lyons]

Eggs	6
Flour	1 cupful
Sugar	1 cupful
Salt	½ teaspoonful
Cream of tartar	½ teaspoonful
Lemon extract	1 teaspoonful

Method of mixing.—Add sugar to the beaten yolks of the eggs. Then add extract and salt. Add the cream of tartar to the whites of the eggs and beat until light and stiff. Combine the two mixtures, add the flour lastly, beating very little. Bake in a slow oven.

FAMILY DELIGHT

[By Mrs. Charles F. Massey]

Rolled oats	2 cupfuls
Flour	2 cupfuls
Sugar	1 cupful
Shortening	1 cupful
Raisins or currants	1 cupful
Soda	1 scant teaspoonful
Sweet milk	4 tablespoonfuls
Cinnamon	1 heaping teaspoonful
Salt	1 pinch
Vanilla	few drops

Method of mixing.—Dissolve the soda in the sweet milk, then mix ingredients in the order named, form in balls the size of a walnut, and bake ten or fifteen minutes in a moderately quick oven.

Walnuts may be added.

FRUIT CAKE

[By Mrs. Louis McCall]

Sugar	1 pound
Butter	1 pound
Eggs	10
Raisins Citron Nuts	4 pounds (mixed to taste)
Sherry or brandy	1 wine glassful
Syrup	1 cupful
Mace Cinnamon Cloves	1 teaspoonful each
Flour	4 cupfuls

Method of mixing.—Beat the butter and sugar to a cream; stir in the eggs, one at a time, beating well, after which add the syrup, wine and spices, then the fruit and lastly the flour. Bake one and one-half hours in tins lined with buttered paper.

FRUITED OAT MEAL COOKIES

[By Mrs. N. E. Thompson]

Sugar	1 cupful
Butter (beaten to a cream)	¾ cupful
Eggs (well beaten)	3
Flour	1½ cupfuls
Soda (dissolved in one tablespoonful boiling water)	½ teaspoonful
Oatmeal (uncooked)	1 cupful
Raisins	1 cupful
Broken walnut meats	1 cupful
Cinnamon	2 teaspoonfuls
Cloves	½ teaspoonful

Method of mixing.—Mix as in order given and drop from teaspoon on oiled tin. Allow plenty of space between. Bake in moderate oven.

GATEAU MADELEINE

[By Mrs. H. Eugene Stafford]

Flour	½ pound
Butter	½ pound
Sugar	½ pound
Eggs	5
Brandy	1 small glassful
Salt	1 saltspoonful

Method of mixing.—Stir the sugar and eggs to a cream; add the salt and the butter, melted but cooled. Add the brandy and stir for from fifteen to twenty minutes. Sift the flour very carefully and sprinkle it lightly into the mixture. Pour into a pan about one-quarter of an inch in thickness and bake in a moderate oven.

This mixture is used very much in France for many different cakes served for tea. It can be rolled, spread with jelly and cut into slices; or cut into small cakes of different shapes and covered with icings of different kinds; or it can be used as a layer cake with a filling and then iced.

GINGER SNAPS

[By Mrs. A. D. Williams]

Sugar Cane

Molasses	2 cupfuls
Crisco	1 cupful
Brown sugar	1 cupful
Ginger	2 teaspoonfuls
Mace	1 teaspoonful
Salt	1 teaspoonful
Soda	2 teaspoonfuls
Boiling water	2 tablespoonfuls
Flour	enough to make a thick paste

Method of mixing.—Cream the crisco and sugar, add the molasses, spices, salt, soda dissolved in the boiling water, and flour enough to make a thick paste. Roll out and cut into rounds.

Note.—Half of this recipe makes a good batch of ginger snaps.

HERMITS

[By Edith M. Gideon]

Sugar	1 cupful
Butter	½ cupful
Cream	½ cupful
Raisins	1 cupful
Egg	1
Soda	1 teaspoonful
Ground cloves	1 teaspoonful
Cinnamon	1 teaspoonful
Nutmeg	1 teaspoonful

Method of mixing.—Cream the butter and sugar; beat the eggs separately and add to the creamed butter and sugar and stir thoroughly. Then add the soda, then the flour, a little at a time. Stir and beat until the batter is smooth. Add the raisins chopped very fine, then the spices and stir well. Mix and bake as tea cakes, using enough flour to roll.

HOT MILK CAKE (Very Good)

[By Mrs. N. E. Thompson]

Eggs	3
Sugar	1 cupful
Flour	1 cupful
Baking powder	1 teaspoonful
Salt	¼ teaspoonful
Milk	½ cupful
Butter	1 teaspoonful

Method of mixing.—Beat eggs continuously for five minutes, then add sugar, one teaspoonful at a time, beating continuously until all is beaten in. Add flour which has been sifted three times with baking powder and salt. Heat milk to boiling point, drop butter into hot milk and add to other ingredients, mix well and bake in moderate oven for twenty minutes.

Stacking rice straw

ITALIENNE BISCUITS

[By Mrs. H. Eugene Stafford]

Eggs	6
Sugar	8 ounces
Flour	5 ounces
Orange or lemon sugar	a little
Salt	a pinch
Chopped almonds	6 ounces

Method of mixing.—Beat the yolks of the eggs and the sugar to a cream. Mix the salt with half of the flour, stir it into the egg and sugar mixture, then add remainder of the flour, taking care to keep the batter light and firm Drop onto a baking sheet in the form of small balls or from a pastry bag with a fluted mouth-piece into desired shapes. Shake over them the chopped almonds mixed with a little powdered sugar. Bake in a moderate oven. These cakes may be served plain, or two of them put together with jam between and a little whipped cream on the top, and so served as a luncheon dessert.

"KNICKER DOODLES" (For the Children)

[By Mrs. G. A. Cresap]

Butter	2 tablespoonfuls
Brown sugar	1 cupful
Egg	1
Milk	½ cupful
Chopped nuts	½ cupful
Baking powder	1 teaspoonful (not level)
Flour	2 cupfuls

Method of mixing.—Cream the butter and sugar, add the egg beaten very light, sift the baking powder with the flour and add, alternately with the milk, to the mixture, then add the chopped nuts. Drop from a spoon onto a buttered tin, sprinkle with sugar and cinnamon and bake in a quick oven.

Note.—One-half cupful of raisins or grated coconut may be used in place of the nuts.

LADY FINGERS AND MACAROON CAKE

[By Mrs. S. F. Gaches]

Egg yolks	4
Sugar	½ cupful
Grated orange rind	1
Milk	6 tablespoonfuls
Flour	1 cupful
Baking powder	1 heaping teaspoonful

Method of mixing.—Beat the egg yolks until light-colored and thick. Add the sugar and beat well again. Add the grated orange rind. Sift the baking powder with the flour and add, alternately with the milk, to the egg and sugar mixture. Mix well and put into a long sheet pan. Cover with the following:

Egg whites	4
Sugar	1 cupful
Almonds (chopped and blanched)	1 cupful

Beat the egg whites until stiff, add the sugar and beat for twenty minutes. Sprinkle with the blanched and chopped almonds and bake in a slow oven for forty minutes. Serve with whipped cream.

LEMON SPONGE CAKE

[By Mrs. H. W. Reynolds]

Eggs	5
Sugar	1½ cupfuls
Lemon extract	1 teaspoonful
Flour	1½ cupfuls
Baking powder	1 teaspoonful
Boiling water	½ cupful

Lemon

Method of mixing.—Separate the eggs. Beat the yolks, then add the stiffly beaten whites, then the sugar (sifted), then the extract, beating vigorously after each ingredient is added. Sift the flour three times with the baking powder, then add to the mixture. Lastly, add slowly the water. Bake in a loaf.

LOGANBERRY CAKE

[By Mrs. A. D. Williams]

Sugar	1 cupful
Shortening	½ cupful
Yolks of eggs	2
White of egg	1
Cloves	½ teaspoonful
Cinnamon	1 teaspoonful
Loganberries (canned)	1 cupful (juice and fruit)
Flour (sifted)	2 cupfuls
Soda	1 teaspoonful

Method of mixing.—Mix the sugar, shortening, eggs beaten light, cloves, cinnamon, berries, and juice, then stir in the sifted flour with one teaspoonful of soda, and bake in a moderate oven.

MANGO SHORTCAKE

[By Mrs. A. J. Gibson]

Sliced mangoes	quantity needed
Lemon juice	
Powdered sugar	
Biscuit dough	

Method of making.—Make a good biscuit dough. Bake, and when done, cut open and fill with sliced mangoes over which a little lemon juice has been squeezed. Heap some of the fruit on the top and sprinkle with powdered sugar. Serve at once.

MACAROONS

[By Mrs. William T. Nolting]

Granulated sugar	2 cupfuls
Water	½ cupful
Whites of eggs	2
Grated coconut	½ pound
Salt	pinch
Vanilla	1 teaspoonful

Method of mixing.—Cook the sugar and water together until when a little is dropped into cold water a very firm ball is formed. Then pour the syrup mixture over the stiffly beaten whites of the eggs, add the coconut, salt, and vanilla. Drop by spoonfuls in a buttered tin and bake in a moderate oven.

MOCHA CAKE

[By Mrs. F. W. Butler]

Sifted flour	2 cupfuls
Baking powder	3½ heaping teaspoonfuls
Cocoa	½ cupful
Salt	pinch
Butter	½ cupful
Sugar	1 cupful
Eggs	2
Cream	½ cupful
Strong coffee	½ cupful

Method of mixing.—Sift the flour, baking powder, cocoa, and salt all together six times; cream the butter and sugar well, add the yolks of the eggs well beaten. Then add alternately the dry ingredients and the cream and coffee, mixed. Beat well and fold in the whites of the eggs beaten stiff. Bake for about fifty minutes in a moderate oven.

FROSTING

Powdered sugar	2½ cupfuls
Cocoa	½ cupful
Butter	1/3 cupful
Coffee	as necessary

Method of mixing.—Mix well and add enough coffee to spread.

OATMEAL WAFERS

[By Mrs. H. Eugene Stafford]

Oatmeal	1½ cupfuls
Dried coconut	½ a coconut
Sugar	1 cupful
Baking powder	1 teaspoonful
Eggs	2
Melted butter	1 tablespoonful
Salt	1 saltspoonful

Method of mixing.—Mix all the dry ingredients together in a bowl. Beat the eggs, add the melted butter and stir slowly into the dry ingredients. Drop in small portions from a teaspoon onto a baking sheet, allowing plenty of space between the wafers as the batter will spread about three inches or more. Bake in a moderate oven until light brown.

ORANGE CREAM LAYER CAKE

[By Mrs. Thomas A. Street]

Flour	1¾ cupfuls
Sugar	1 cupful
Crisco	1/3 cupful
Eggs	2
Water	½ cupful
Vanilla	1 teaspoonful
Baking powder	4 teaspoonfuls
Whipped cream	1 cupful (sweetened and flavored)
Salt	½ teaspoonful

Method of mixing.—Cream the crisco, add sugar, gradually, beating well; add beaten eggs, half of the water and half of the flour, first sifting the baking powder into it, add the salt, and beat well. Then add the other half of the water and the remainder of the flour, beating constantly. Bake in two greased layer cake tins, in a moderate oven, for fifteen or twenty minutes. Spread the whipped cream thickly between the layers. Cover the top with orange frosting made as follows:

ORANGE FROSTING

Cream	1 tablespoonful
Confectioner's sugar	1 cupful
Melted butter	1 tablespoonful
Orange extract	½ teaspoonful
Shredded orange pulp Grated orange rind	1 orange

Method of mixing.—Add the sugar and melted butter, slowly, to the cream. Add the orange extract, orange pulp and grated rind. Beat until smooth and spread over top of the cake.

PETITS-CHOUX (or Spanish Cakes)

[By MRS. H. EUGENE STAFFORD]

Water	½ pint
Butter	4 ounces
Sugar	2 ounces
Flour	4 ounces
Eggs	4
Chopped almonds	2 ounces
Orange essence	a few drops

Method of mixing.—Put the water, butter, sugar, and salt into a saucepan and stir over the fire until they begin to boil, then take from the fire, add the flour, mixing well with a wooden spoon, then stir all together over the fire for three minutes. By that time the mixture should be a compact paste, rather soft. Then add the flavoring and one egg, mix and beat well, add another egg, beat again, add another egg, beat again and then add the last egg, beating once more. After the addition of each egg the mixture should be thoroughly beaten. Drop from a spoon onto a buttered baking sheet, in pieces about the size of a pigeon's egg. Brush over with egg and shake over the almonds which have had a spoonful of powdered sugar added to them. Bake in a moderate oven.

These cakes may be served plain or they may be split open and filled with any kind of cream or preserves.

PLAIN WALNUT CAKE

[By MRS. C. F. HICKERSON, JR.]

Sugar	1 cupful
Butter (or substitute)	½ cupful
Eggs	2
Milk	½ cupful
Flour	1½ cupfuls
Baking powder	2 scant teaspoonfuls
Almond flavoring	1 teaspoonful
Chopped walnuts	1 cupful

Method of mixing.—Cream the sugar and butter; add the yolks of the eggs well beaten, then the milk. Sift the baking powder with the flour and add to the first mixture. Beat the whites of the eggs to a stiff froth, add them to the batter, lastly add the flavoring and nuts. Bake slowly, in a loaf.

POTATO CAKE

[By Mrs. N. E. Thompson]

Butter	2/3 cupful
Sugar	2 cupfuls
Flour	2 cupfuls
Hot mashed potatoes	1 cupful
Milk	½ cupful
Eggs	4
Baking powder	2 teaspoonfuls
Cloves	1 teaspoonful
Nutmeg	1 teaspoonful
Cinnamon	1 teaspoonful
Walnut meat	1 cupful
Grated chocolate	1 cupful

Method of mixing.—Cream butter and sugar, add yolks of eggs well beaten, milk and potatoes alternately, spices, chocolate, flour, and baking powder, and mix well. Add whites of eggs well beaten and lastly the walnuts. Bake in a moderate oven. Ice with white icing.

ROCKS

[By Mrs. I. B. Dexter]

Butter (or)	1 cupful, or
Butter and crisco	½ cupful each
Brown sugar	1½ cupfuls
Eggs	3
Cinnamon	1 teaspoonful
Cloves	½ teaspoonful
Soda	1 teaspoonful
Flour	3 cupfuls
Walnuts (chopped)	1 cupful
Raisins (chopped)	1 cupful
Salt	pinch

Method of mixing.—Cream butter and sugar, add the beaten yolks of the eggs and the soda dissolved in three tablespoonfuls of boiling water. Mix the spices, flour, salt, raisins and walnuts, and gradually stir into the creamed butter, sugar, and water. Add the well beaten whites of the eggs. Drop off spoon onto buttered tins and bake in moderate oven.

SCOTCH MACAROONS

[By Mrs. Charles Maxwell Colton]

Butter	2 tablespoonfuls
Sugar	2 cupfuls
Eggs	4
Oatmeal	3 cupfuls
Chopped peanuts	2 cupfuls
Salt	½ teaspoonful
Baking powder	2 heaping teaspoonfuls
Almond extract	3 teaspoonfuls

Method of mixing.—Cream the butter; add sugar and cream again. Beat the eggs until light-colored and thick and add to the butter and sugar mixture. Add the rest of the ingredients and beat vigorously for a few minutes, then drop from a spoon onto a buttered tin sheet. Bake in a quick oven from fifteen to twenty minutes.

SPLENDID CAKE

[By Mrs. Edwin Burke]

Sugar	1 cupful
Vegetable shortening	1/3 cupful
Butter	1/3 cupful
Eggs	2
Evaporated cream and water	½ cupful
Flour	2 cupful
Baking powder	2 teaspoonfuls

Method of mixing.—Cream vegetable shortening and butter together, add the sugar and beat until creamy, then add the beaten yolks of the eggs. Sift the baking powder with the flour, then add the flour and the mixed cream and water, alternately, to the first mixture. Bake in a moderate oven.

ICING

Sugar	1 cupful
Boiling water	2 tablespoonfuls
Vinegar	2 drops
Whites of eggs	2

Method of mixing.—Boil the sugar, water, and vinegar together until it spins a thread, then pour over the beaten whites of two eggs and beat until white. Spread on the cake.

SPONGE CAKE

[By Mrs. Louis McCall]

Eggs	3
Sugar	1 cupful
Hot milk	½ cupful
Butter	1 teaspoonful
Flour	½ cupful
Baking powder	2 teaspoonfuls
Flavoring	as desired

Method of mixing.—Beat the eggs exactly five minutes by the clock, add the sugar, one tablespoonful at a time, and continue beating. Then add the hot milk with the butter melted in it. Sift the flour three times, adding the baking powder at the last sifting. Then add the flavoring. Bake in a moderate oven.

SPONGE GINGERBREAD

[By Mrs. A. J. Grant]

Molasses	½ cupful
Brown sugar	¾ cupful
Lard (melted)	½ cupful
Eggs (well beaten)	2
Ginger	½ tablespoonful
Soda	½ tablespoonful
Boiling water	½ cupful
Bread flour	2¾ cupfuls
Salt	1 teaspoonful

Method of mixing.—Dissolve soda in the boiling water, add to other ingredients in the order given and bake in a dripping pan in a quick oven for about twenty minutes.

TEA BARS

[By Mrs. N. E. Thompson]

Eggs	2
Sugar	1 cupful
Chocolate	2 squares
Butter	6 tablespoonfuls
Flour	½ cupful
Vanilla	1 teaspoonful
Broken walnut meat	1 cupful

Method of mixing.—Beat eggs very light, beat in sugar part at a time until creamy, melt butter and chocolate together over hot water and add to first mixture, then add vanilla, flour, and nuts. Spread one-third inch thick in an oiled shallow pan and bake in a moderate oven. When cool cut in small bars.

TWO-EGG CAKE

[By Mrs. S. F. Gaches]

Eggs	2
Butter	1½ tablespoonfuls
Sugar	1 cupful
Milk	2/3 cupful
Flour	1½ cupfuls
Baking powder	1 teaspoonful
Vanilla	1 teaspoonful

Method of mixing.—Cream the butter and sugar well, add the well beaten eggs and then the milk. Sift the baking powder into the flour and add to the mixture. Beat the batter thoroughly and pour into a well buttered pan. Bake in a moderate oven from twenty to twenty-five minutes.

WHITE CAKE

[By Mrs. A. D. Williams]

Sugar	1 cupful
Butter	½ cupful
Milk	1 cupful (half cream, half water)
Flour	2½ cupfuls
Eggs (whites only)	4
Baking powder	2 teaspoonfuls
Vanilla	1 teaspoonful

Method of mixing.—Cream the sugar and butter, add the flour (with the baking powder sifted into it) and the milk, alternately, then the vanilla and lastly the whites of the eggs beaten to a stiff froth. Bake in a moderate oven.

WHITE MOUNTAIN CAKE

[By Mrs. S. F. Gaches]

Sugar	3 cupfuls
Butter	1 cupful
Milk	½ cupful
Whites of eggs	12
Soda	½ teaspoonful
Cream of tartar	1 teaspoonful
Flour	4½ cupfuls
Bitter almond extract	1 teaspoonful

Method of mixing.—Cream the butter and sugar together for twenty minutes, add the milk with the soda dissolved in it, then the whites of the eggs, stiffly beaten, then the flour which has been sifted three times and into the first cup of which the cream of tartar has been sifted. Stir well after adding each cupful of flour and lastly add the flavoring. Pour the batter into a pan lined with buttered oiled paper and bake in a moderate oven from twenty to twenty-five minutes. Do not open the oven door during the first fifteen minutes of the baking. Test the cake with a straw; when the straw comes out perfectly dry, remove the cake from the oven, let it stand in the pan for five minutes, then turn out onto a plate and when cold cover with icing made as follows:

Hulling the day's rice

WHITE MOUNTAIN CAKE ICING

Eggs (whites)	3
Marshmallows	2 tablespoonfuls
Powdered sugar	1 pound
Lemon juice (or flavoring)	1 teaspoonful

Method of mixing.—Mix all the ingredients together until smooth, then spread on the cake and mark off into squares.

FROSTINGS

BROWN SUGAR FROSTING

[By MRS. V. E. THOMPSON]

Brown sugar	1½ cupfuls
Thin cream	¾ cupful
Butter	½ teaspoonful
Grated chocolate	1 square

Method of making.—Boil all together until when dropped into cold water it forms a soft ball. Beat until of a consistency desired to spread.

GLASSY BOILED FROSTING

[By MRS. S. F. GACHES]

Sugar	2 cupfuls
Water	1 cupful
Eggs (whites)	2

Method of making.—Boil together the sugar and water until the mixture forms a soft ball when a little is dropped into cold water. Beat the whites of the eggs to a stiff froth and pour the syrup over them, in a thin stream, beating all the while. Continue beating until the frosting is thick enough to spread.

NEW ICING

[By MRS. THOMAS A. STREET]

Sugar	⅞ cupful
Water	3 tablespoonfuls
White of egg	1

Method of making.—Put the sugar and water into the upper pan of a double boiler, first bringing the water in the lower pan to the boiling point. Boil the syrup until it spins a thread, then pour slowly onto the well beaten white of the egg.

NOTE.—If the egg is small, use part of the white from another egg.

SUPERIOR CHOCOLATE FROSTING

[By Mrs. G. A. Cresap]

Coffee	3 tablespoonfuls
Butter	2 tablespoonfuls
Powdered sugar	1 cupful
Cocoa	3 tablespoonfuls

Method of making.—Heat the coffee boiling hot; melt the butter in it and turn while hot onto the powdered sugar and cocoa. Stir well and use at once on cake. This frosting is dark, smooth, and rich.

Road in a coconut region

CANDIES

BOSTON CREAM

[By Mrs. Thomas A. Street]

Sugar	3 cupfuls
Karo syrup (red label)	2/3 cupful
Salt	a pinch
Chopped walnuts	1 cupful
Cream	1½ cupfuls
Vanilla or mapleine	to flavor

Method of making.—Combine the sugar, cream, and syrup; place on the stove and stir constantly. Cook until the mixture forms a medium hard ball when a little is dropped into cold water. Remove from the stove and allow to cool a little. Add nuts and flavoring, then take the mixture into the hands and knead and make it into a loaf. Wrap it in oiled paper until ready for use.

COCONUT TAFFY

[By Mrs. S. F. Gaches]

Sugar	1 cupful
Molasses	½ cupful
Milk	½ cupful
Coconut (freshly grated)	1 large cupful

Method of making.—Moisten the coconut with part of the milk. Put the rest of the milk and the molasses into a pan and allow it to come to a boil, add the sugar and when nearly cooked add the coconut. Cook until a little of the mixture hardens when dropped into cold water. Pour into buttered pans.

CANDIED GRAPEFRUIT PEEL

[By Mrs. A. D. Williams]

Grapefruit	1
Sugar	1 cupful
Water	1 cupful

Method of preparing.—Cut the rind of one grapefruit into strips. Boil it in salted water for half an hour. Rinse well, and taste. If the rind is too bitter, boil it in several fresh waters, putting it first into cold water and bringing it to a boil, boiling for ten minutes each time. When the rind finally tastes to suit, drain and boil it in one cupful of sugar and one cupful of water until the water is boiled away. Then roll each piece in granulated sugar.

CARAMEL FUDGE

[By Mrs. A. D. Williams]

Sugar (burned)	1 cupful
Sugar (white)	3 cupfuls
Evaporated cream	1 cupful
Salt	1 teaspoonful
Walnuts	quantity desired

Method of making.—Mix the burned sugar with the white sugar, cream and salt. Cook until the mixture will harden quickly when stirred on a saucer, then beat and add walnuts.

DIVINITY FUDGE

[By Mrs. Thomas A. Street]

Sugar	2½ cupfuls
Water	½ cupful
Karo syrup (red label)	½ cupful
Egg whites	2
Nut meats	1 cupful
Flavoring	1 teaspoonful
Salt	a pinch

Method of making.—Boil sugar, water and syrup until it spins a long thread. Pour one-half of the syrup slowly over the well beaten whites of the eggs, beating constantly. Put the last half of the hot syrup back on the fire and bring to a boil again, then finish pouring and beating into the eggs. Add flavoring and salt and when the mixture begins to thicken add broken nut meats and pour into well buttered tins. As the fudge hardens, crease it into square with a knife.

FANNIE'S MAPLE CANDY

[By Mrs. Thomas A. Street]

Maple syrup	1 cupful
Light brown sugar	3 cupfuls
Water	½ cupful
Maple flavoring	as much as desired
Chopped nuts	2 cupfuls

Method of making.—Boil all the ingredients together until it forms a hard ball when a little of it is dropped into cold water, then pour the mixture over the well beaten whites of three (or four) eggs, and add maple flavoring. Stir until it will not drop from the spoon, then add two cupfuls of chopped nut meats (black walnuts preferred).

FUDGE

[By Mrs. Lem A. Towers]

Brown sugar	1 cupful
Granulated sugar	1 cupful
Milk	1 cupful
Chocolate (or)	¼ cake, or
Cocoa	5 tablespoonfuls
Lump of butter	size of an egg
Vanilla	1 teaspoonful

Method of making.—Boil the brown and granulated sugar with the milk and chocolate or cocoa, stirring constantly until the sugar is dissolved and the chocolate or cocoa melted. When a small sample hardens in water, the fudge is done. Add the butter and the vanilla after removing from the fire and *beat* it until it is ready to pour into a well buttered pan.

HAWAIIAN COCONUT CANDY

[By Mrs. George H. Fairchild]

Coconuts	4
Sugar	quantity required
Water	enough to melt the sugar

Method of making.—Remove the brown skin from the meat of the coconuts and chop the meat fine. For each cupful of chopped coconut take one cupful of sugar.

Native sugar is best. Add enough water to the sugar to melt or partially dissolve it, and let it boil up well. Then add the coconut meat and boil slowly until the meat is well soaked in the sugar. Take a little out in a cup, beat for a few minutes and drop onto buttered paper. If it spreads and looks watery, it is not done. It should hold its shape and harden into cakes when properly cooked. Do not try to drop the mass from the kettle but beat a little at a time in a bowl while the kettle is kept on the back of the stove where it merely simmers while the dropping process goes on.

NOTE.—This is an old standard recipe.

A field of sugar cane

MAPLE DIVINITY

[By MRS. THOMAS A. STREET]

Sugar	1 cupful
White of egg	1
Water	½ cupful
Vinegar	1 teaspoonful
Maple syrup	½ cupful
Vanilla	½ teaspoonful
Chopped nuts or fruit	¼ cupful

Method of making.—Mix the sugar, syrup, vinegar and water together and place over the fire. Stir until the sugar is dissolved. Boil, without stirring, to the hard ball stage, then take from the fire and add the vanilla. Beat the white of egg until stiff, then pour the mixture over it and beat until stiff enough to keep it shape. Add the nuts or fruit, if desired and drop by spoonfuls on an oiled paper. Let stand until dry on the surface.

MARSHMALLOWS

[By Mrs. Thomas A. Street]

Sugar	2 cupfuls
Water	½ cupful
Gelatine	1 envelope
Cold water	½ cupful
Flavoring	1 teaspoonful
Salt	a pinch

Method of making.—Soak the gelatine in cold water for five minutes. Boil sugar and water until it spins a thread. Remove from the fire, pour the dissolved gelatine into the hot syrup, stir, and as it begins to cool, beat thoroughly and pour into a slightly buttered tin. The addition of nut meats makes this very delicious.

MOLASSES CANDY

[By Mrs. S. F. Gaches]

New Orleans molasses	2 cupfuls
Sugar	¾ cupful
Butter	size of an egg

Method of making.—Boil all ingredients together until a little poured into cold water will harden. Take from the fire and when cool enough to handle pull into ropes until the candy is white, first buttering the fingers so the candy will not stick to them.

NUT CANDY

[By Mrs. C. F. Hickerson, Jr.]

Sugar	2 cupfuls
Water	¼ cupful
Vinegar	¼ cupful
Figs Dates Walnuts Almonds Hazelnuts Butternuts	quantity desired

Method of making.—Spread a mixture of the figs, dates, and nuts on a buttered pan. Boil the sugar, water, and vinegar until it strings, then pour over the fruit and nuts. Cut when partly cool.

PENUCHE

[By Mrs. I. B. Dexter]

Light brown sugar	2 cupfuls
Evaporated milk (not diluted)	1 cupful
Walnuts (chopped)	1 cupful
Figs or dates (chopped)	1 cupful
Vanilla	1 teaspoonful
Salt	¼ teaspoonful

Method of making.—Boil sugar and milk until it forms a soft ball when dropped into water; add vanilla and salt, then beat vigorously until it creams. When slightly cool and before it creams, add walnuts and figs and continue beating. Pour onto buttered sheets and cut in squares.

PEANUT BRITTLE

[By Mrs. G. A. Cresap]

Sugar	2 cupfuls
Peanuts	1 cupful
Butter	small piece

Method of making.—Put the peanuts through a meat grinder. Melt the butter in a frying pan, add the sugar, slowly, stirring all the time until it is dissolved. Then add the nuts. Pour onto a warm buttered dish or pan and mark into squares.

PEPPERMINT DROPS

[By Mrs. George H. Fairchild]

Milk	¼ cupful
Butter	1 teaspoonful
Powdered sugar	enough for stiff dough
Peppermint oil	a few drops

Method of making.—Heat the milk, add the butter and stir in enough powdered sugar until it forms a stiff dough. Then knead in a few drops of peppermint oil. Make into round flat drops and lay on waxed paper to harden.

Note.—The drops may be colored pink or green by adding a few drops of vegetable coloring.

PLAIN FUDGE

[By Mrs. S. F. Gaches]

Sugar	2 cupfuls
Butter	2 tablespoonfuls
Milk	¾ cupful

Method of making.—Boil the sugar, butter, and milk together to the soft ball stage (238°F. to 240°F.). Remove from the fire, let cool a little, and beat with a spoon until thick and creamy. Pour into a greased pan when hard enough mark into squares.

Note.—Different kinds of fudge may be made by using maple sugar, or syrup, or by adding chopped nuts just before beating, or by cooking in the syrup from one to two ounces of scraped chocolate or one-quarter of a cupful of cocoa.

WALNUT CARAMELS

[By Mrs. S. F. Gaches]

Granulated sugar	2½ cupfuls
Karo syrup (red label)	¾ cupful
Butter	½ cupful
Milk	2½ cupfuls
Nut meats (broken in pieces)	1 cupful
Vanilla	1 teaspoonful

Method of making.—Add the sugar, syrup, butter and one cupful of the milk together and cook over the fire, stirring constantly. After the mixture has boiled three or four minutes add, while constantly stirring, the remainder of the milk. Add the milk very gradually in order that the mixture may not stop boiling. Cook, stirring frequently, to 248°F. Add the nut meats, then the vanilla and turn into loaf pans. When nearly cold, unmold and cut into cubes.

CHEESE DISHES

CHEESE CROUTONS

[By Mrs. Louis McCall]

American cheese	½ cupful
Butter	½ teaspoonful
Cream	1 tablespoonful
Cayenne pepper or paprika	1 dash
Small squares of buttered bread toasted on one side	6

Method of preparing.—Blend cheese and butter and add cream and pepper. Beat for five minutes, then spread rather thick on the untoasted side of the bread. Bake immediately in hot oven. Serve with soup or salads.

CHEESE WITH EGG

[By Mrs. Charles F. Massey]

Cream cheese	1 small jar
Butter	1 tablespoonful
Egg	1
Toast	as required

Method of preparing.—Smooth to a paste the cream and butter. Add the whole egg. Spread on buttered toast. Put under the broiler for four or five minutes and serve hot.

CHEESE FONDU

[By Mrs. F. W. Butler]

Hot milk (canned or fresh)	1 cupful
Stale breadcrumbs	2 cupfuls
Cheese	¼ pound
Butter	1 tablespoonful
Salt	½ teaspoonful
Eggs	3

Method of preparing.—Cut the cheese fine and mix with the milk, breadcrumbs, butter and salt; add the yolks of the eggs beaten thick, then cut and fold in the whites of the eggs beaten stiff. Bake in a buttered dish twenty-five minutes. Serve at once.

CHEESE WITH PEPPERS

[By Mrs. John K. Pickering]

Butter	2 heaping tablespoonfuls
Chopped green peppers	5 tablespoonfuls
Chopped onion	1 (small)
Grated cheese	¼ cupful
Milk or cream (or canned cream)	¼ cupful
Salt	to season
Pepper	
Paprika	
Eggs	4

Method of preparing.—Melt the butter in a pan. Add the chopped peppers and onions, the grated cheese, milk or cream and the seasonings. Then add the eggs well beaten. Cook until thoroughly mixed and serve on crisp crackers.

CHEESE TIMBALES

[By Marguerite Wolfson]

Grated American cheese	½ pound
Eggs	2
Cream	1 tablespoonful
Salt	a pinch
Cayenne	a few grains
Butter	1 teaspoonful

Method of preparing.—Beat separately yolks and whites of eggs, then mix, stir in cheese, add cream, butter, salt and pepper and beat all together lightly. Pour into greased timbale forms or large baking dish and bake.

CHEESE TOAST

[By Mrs. E. Moffatt]

Egg	1
Sweet milk	1 cupful
Butter	1 tablespoonful
Grated cream cheese	½ cupful
Salt	to season
Cayenne pepper	a little
Toast (whole wheat)	slices as required

Method of preparing.—Beat the egg into the milk, add the butter, seasoning and grated cheese. Heat the mixture in a double boiler, stir until smooth and pour over the toasted whole wheat bread. Set in the oven a few minutes to harden and serve while hot.

ENGLISH MONKEY

[By Mrs. H. W. Reynolds]

Milk	1 cupful
Breadcrumbs	1 cupful
Cheese	½ cupful
Butter	1 tablespoonful
Egg	1
Salt	1 teaspoonful
Mustard	1 teaspoonful

Method of preparing.—Soak the breadcrumbs in the milk for fifteen minutes, add the other ingredients and cook for five minutes.

GOOD CHEESE DISH FOR LUNCHEON

[By Mrs. Edwin Burke]

Soft breadcrumbs	1 cupful
Evaporated cream	2/3 cupful
Water	1/3 cupful
Egg	1
Butter	½ tablespoonful
Vegetable shortening	1 tablespoonful
Salt	½ teaspoonful
Grated cheese	¾ cupful
Cayenne pepper	a little

Method of preparing.—Soak breadcrumbs for fifteen minutes in milk. Melt the butter and vegetable shortening and add the cheese. When the cheese is melted, add the soaked breadcrumbs and seasoning. Mix well together and add the egg, beaten. Cook three minutes and serve on toast.

WELSH RAREBIT

[By Mrs. Louis McCall]

Mild cheese	about 1 pound
Butter	1 tablespoonful
Salt	¼ teaspoonful
Mustard	¼ teaspoonful
Cayenne pepper	few grains
Milk or cream	1/3 cupful
Egg	1

Method of preparing.—Cut cheese in small pieces. Melt butter in double boiler, then add cheese and seasoning; as the cheese melts, add milk gradually, while stirring constantly; then add the egg, slightly beaten. Serve on untoasted side of the bread. Serve immediately. The rarebit should be smooth and creamy and not stringy.

DRINKS

[Contributed by **Mrs. S. F. Gaches**]

The first and most sacred rite of hospitality the world over is the proffer of refreshment in some form. The guest of a Japanese host is ceremoniously served with tea in accordance with an elaborate and time-honored ritual. The Mahommedan offers tiny cups of thick, fragrant coffee flavored with rose-water and anise. From the Arctic Circle, where Laplanders drink the milk of reindeer, to the equatorial regions, whose inhabitants make merry over bowls of fermented palm sap, and the Filipino who serves a sip of *vino,* each race and clime has evolved characteristic beverages which play an important part in its social life.

The most wholesome and delicious beverages are those composed of pure, cooling juices of fruits and berries, nearly every variety of which may be thus utilized. One word of caution may be offered with respect to the preparation of fruit beverages. Development of the full flavor and bouquet demands that they be *intensely cold,* but when fresh juices are employed excessive dilution must be avoided; hence the ice in the glass or shaker should be moderately coarse to prevent too rapid melting. On the other hand, when using bottled syrups or concentrated fruit juices, the addition of plenty of fine ice is an advantage.

Tree fern

However delicious the flavor, half the virtue of a drink is wanting unless the eye as well as the palate is agreeably impressed, and the selection of appropriate and gracefully designed glassware is the first and most direct means of appealing to the esthetic sense. As the sparkle of glassware has so much to do with the enjoyment of the beverage, the following suggestions are offered as to its care:

All glasses should be washed in hot water, as hot as possible without risk of breaking them. A little household ammonia added to the water, or the use of silver polish (in place of soap) will insure brilliancy. Dry the glasses with a towel free from lint. A high polish can be obtained by drying the glasses with tissue paper.

TEMPERANCE DRINKS

ADAM AND EVE COCKTAIL

White grape juice	2 tablespoonfuls
Sweet cider	2 tablespoonfuls
Orange bitters	3 or 4 dashes
Powdered sugar	1 teaspoonful
Lemon peel	small piece

Method of mixing.—Fill a mixing glass half-full of coarsely cracked ice. Add the powdered sugar, orange bitters, white grape juice, and sweet cider. Stir until well frappéd, then strain into a cocktail glass and serve with a small piece of twisted lemon peel on top.

GINGER ALE COCKTAIL

Ginger ale	4 tablespoonfuls
Lemon juice	a few drops
Lemon peel	small piece
Bitters (Peyschaud or Angostura)	½ teaspoonful
Maraschino cherry	1

Method of mixing.—Fill a mixing glass half-full of coarsely cracked ice. Add half a teaspoonful of Peyschaud or Angostura bitters, a few drops of lemon juice and the ginger ale. Stir until well frappéd. Strain into a cocktail glass, add a maraschino cherry and a small piece of twisted lemon peel.

"Here are some recipes given that will place one's name upon the roll of fame."

AMERICAN BEAUTY

Pineapple juice	½ cupful
Loganberry juice	½ cupful
Strained honey	2 teaspoonfuls
Plain soda	6 ounce bottle

Method of mixing.—Put the pineapple juice, loganberry juice and strained honey into a mixing glass and stir well. Turn into a shaker containing cracked ice, frappé thoroughly, strain into a fancy goblet and pour in the soda.

BEAUTIFUL FILIPINA

Raspberry syrup	2 tablespoonfuls
Lemon juice	½ lemon
Grapefruit juice	2 tablespoonfuls
Pineapple juice	2 tablespoonfuls
Powdered sugar	2 teaspoonfuls
Maraschino cherries	3
Fresh mint	a sprig
Mango	3 thin slices
Isuan (or any charged water)	6 ounces
White of egg	1

Method of mixing.—Stir well in a mixing glass the raspberry syrup, lemon juice, grapefruit juice, pineapple juice, sugar and white of egg. Turn into a shaker containing cracked ice and frappé thoroughly. Strain into a tall, fancy glass. Add the ice-cold Isuan (or other charged water) and decorate the rim of the glass with the cherries. On top of the drink, place the mint and the slices of mango.

CLOVER FIZZ

Raspberry syrup	4 tablespoonfuls
Grenadine syrup	1 tablespoonful
Lemon juice	1 tablespoonful
Seltzer or any highly charged water	as needed
White of egg	1

Method of mixing.—Fill a shaker one-third full of cracked ice, add the raspberry juice, grenadine syrup, lemon juice and white of egg. Shake well and pour into a fancy glass or tumbler. Fill with seltzer and serve immediately.

EGGNOG

Egg	1
Milk	1 cupful
Salt	a few grains
Sugar (powdered)	1 teaspoonful
Vanilla extract	½ teaspoonful
Nutmeg	a grating

Method of mixing.—Scald the milk and pour slowly over the beaten egg, sugar and salt, stirring steadily. Add the vanilla and beat with an egg beater until foamy. Turn into a mug or thick tumbler and add a grating of nutmeg.

FRUIT NECTAR

Raspberry juice	1 pint
Lemons	juice of 3
Grated pineapple	1 cupful
Sugar	½ cupful
Honey	½ cupful
Fresh mint	enough to decorate
Mineral water	1 quart

Method of mixing.—Mix raspberry juice, sugar and lemon juice together. Let stand one hour in a cool place. Strain through cheesecloth or gauze and stir in the grated pineapple and honey. (The cup containing the honey should stand in a basin of hot water for ten or fifteen minutes before its contents are added to the fruit juices.) Transfer to a bowl or pitcher containing cracked ice and add the mineral water. Decorate with fresh mint and serve in cold, fancy tumblers.

GINGER FLIP

Egg	1
Lime juice	½ lime
Powdered sugar	½ teaspoonful
Ginger ale	1 bottle

Method of mixing.—Beat the egg thoroughly and turn into a tall lemonade glass containing a lump of ice. Add the sugar and lime juice and fill the glass with ice cold ginger ale. Mix and serve at once.

GINGER-NOG

Milk	1 cupful
Egg	1
Nutmeg	a grating
Extract of ginger	1/3 teaspoonful
Powdered sugar	1 teaspoonful

Method of mixing.—Scald the milk, remove from the fire, and add the ginger extract and sugar. Mix and pour slowly over the beaten egg, stirring vigorously. Serve hot in a mug with grated nutmeg on top.

NOTE.—In serving ginger-nog to guests, multiply the quantity of ingredients given above by the number of persons to be served.

LITTLE BUTTERCUP

Orange juice	1 orange
Egg	1
Powdered sugar	1 teaspoonful
Lemon soda	1 bottle

Method of mixing.—Put the orange juice, egg and sugar into a shaker containing cracked ice. Shake thoroughly, strain into an iced-tea glass and fill with lemon soda.

LUCKY SHAMROCK

White of egg	1
Powdered sugar	4 teaspoonfuls
Extract of mint	6 drops
Fresh mint	a few sprigs
Sweet cider	6 ounces
Carbonated water	a dash
Green vegetable coloring	a bit

Method of mixing.—Beat together vigorously with an egg beater the white of the egg, mint extract, sugar and coloring paste which has previously been dissolved in a tablespoonful of hot water and cooled. Pour into a lemonade glass containing a lump of ice. Fill the glass three-quarters full of sweet cider. Mix with a spoon, add a dash of carbonated water and decorate with fresh mint.

CUPS AND PUNCHES

CURRANT CUP

Canned currants	1 cupful
Lemon	juice of 1
Powdered sugar	¼ pound
Mineral water	1 quart
Cut fruits: Oranges, pineapple, and thin slices of lemon	as liked

Method of mixing.—Mash the currants with the sugar, add the lemon juice, then the mineral water. Strain into a bowl or pitcher over ice. Add the diced or quartered fruit. Serve in cold lemonade glasses.

GINGER PEKOE CUP

Tea (orange pekoe)	4 rounded teaspoonfuls
Sugar	6 teaspoonfuls
Lemon	juice of 1
Ginger ale	1 bottle
Fresh mint	two sprigs
Water	1 quart

Method of mixing.—Steep the tea in boiling water for five minutes. Strain into a bowl containing the lemon juice, sugar and mint. Cover and stand in a basin of crushed ice until cold. Strain into a glass pitcher, add several lumps of ice and the ginger ale. Serve cold.

MALACAÑAN PUNCH

White grape wine	1 pint
Strawberry juice	1½ cupfuls
Orange juice	1½ cupfuls
Lemon juice	4 lemons
Sugar	2 cupfuls
Fresh mint	7 or 8 sprigs
Apollinaris or any good sparkling water	1 quart
Boiling water	1 quart

Nipa palm

Method of mixing.—Make an infusion of mint by placing seven or eight sprigs of mint in eight ounces of boiling water and letting them stand, covered, for five minutes. Strain into a syrup made by boiling the sugar in one quart of boiling water for fifteen minutes. Cool, and add the white grape juice, then orange, lemon, and strawberry juices. Mix thoroughly, add the apollinaris water and pour over a block of ice in a punch bowl. Decorate with fresh mint and fruits.

TUTTI-FRUTTI PUNCH

Oranges (juice)	6
Strawberries (fresh or canned)	1 quart
Grapefruit (large)	1
Pineapple juice	1 cupful
Sweet cider	2 quarts
Sugar	2 cupfuls
Apollinaris	1 quart
Maraschino cherries	1 small bottle

Method of mixing.—Remove the pulp from the grapefruit and mash with the strawberries and sugar. Add orange and pineapple juices and let stand one hour in the refrigerator. Strain through cheesecloth or gauze, add the cider and apollinaris and pour over ice in a punch bowl. Dress with the cherries and a few quartered slices of oranges.

FRUIT PUNCH

[By Mrs. G. A. Cresap]

Lemons (juice of)	6
Oranges (juice of)	12
Prune juice	1 cupful
Pineapple juice	2 cupfuls
Strawberry syrup or juice	2 cupfuls
Sugar syrup	1 cupful
Water	2 quarts

Method of mixing.—Mix all the above ingredients thoroughly, put into glass jars, seal carefully, and store in the refrigerator. When ready for use add plain or carbonated water to suit the taste.

PLANTERS PUNCH

[By Mrs. R. W. Berdeau]

Orange juice	½ glass
Sugar	to taste
Rum (Bacardi)	1 wineglassful
Cherries	2 or 3
Sliced orange	1
Sprig of mint	1
Ice	as desired

Method of mixing.—Mix all the ingredients together, serve plenty of ice and the sprig of mint on top.

SAUTERNE PUNCH

[By Mrs. S. D. Rowlands]

Lemons (juice)	18
Lemon rinds	6
Pineapple juice	1 can
Sugar	5 teacupfuls
Strong black tea	1 quart
Oranges (juice)	6
Maraschino cherries	1 pint
Sauterne	2 quarts
Isuan	8 bottles
Boiling water	1 quart
Pineapple (diced)	as desired

Method of mixing.—Make the tea in the proportion of one tablespoonful of tea leaves to one quart of water. Pour the boiling tea over the sugar, fruit juices and lemon rind; add the quart of boiling water and then chill the mixture. When ready to serve, take one-half of the above mixture and pour it over a block of ice in the punch bowl; add four bottles of Isuan and one quart of sauterne, then diced pineapple and cherries. To refill, add the remaining half of fruit juices, sauterne and Isuan.

HINTS ON MIXING COCKTAILS

[By J. A. Wolfson]

Best results will generally be obtained by using a large container. An ordinary glass pitcher, with open top, or small silver bucket, makes an excellent mixer. The ordinary silver or tin cocktail shaker is not the best; in fact, it can seldom be used with success. A good bartender hardly ever uses one; that should be sufficient reason.

Ice should always be prepared by pouring warm water over it. This takes off the edges and the molecules of the liquor used are not shattered; in other words, unless specially instructed, *Never bruise the liquor.* A great many people seem to forget that most ingredients used in the preparation of cocktails are very carefully blended and to shake them up with rough-edged ice bruises the liquor and ruins that which the manufacturer has for years striven to perfect. Therefore, in mixing a cocktail follow these simple rules and taste the difference:

1. Use large container.
2. Use one large piece of ice and pour warm water over it first to remove rough edges.
3. Place ice in container and chill container and drain off water.
4. Where bitters are used, they should be shaken into the ice first; that is, before putting in liquors.
5. Always pour the liquor of the greater density first.
6. Pour liquors slowly over the ice, thus making your cocktail cold right at the start.
7. Mix by stirring one way; stir slowly.
8. Chill your cocktail glasses by placing a small piece of ice in each and stirring it around; then drain. This takes but a moment and vastly improves the cocktail.

CHERRY BRANDY COCKTAIL

Cherry brandy Dry gin	equal proportions
Angostura bitters	a dash
Orange bitters	two dashes

Method of mixing.—Mix with one piece of ice. Do not shake.

EXTRA DRY MARTINI COCKTAIL

(For four people)

Angostura bitters	2 dashes
Orange bitters	4 dashes
Dry gin	3 cocktail glassfuls
French vermouth	1 cocktail glassful
Ice	1 piece

"The first draught a man drinks ought to be for thirst;
The second for nourishment;
The third for pleasure;
The fourth for madness."

Method of mixing.—Pour warm water over the ice and place in container; then drain water out. Put in the above ingredients. Do not shake; stir gently one way.

To serve: Chill glasses; drain; rub slice of lemon on inside and outside edge of glass.

GIBSON COCKTAIL

Method of mixing.—Equal proportions of dry gin and French vermouth. No bitters. Serve with an onion.

KATHRYN BROWNE-DECKER COCKTAIL

(For four people)

Limes (squeezed and strained)	4
Bacardi rum	2½ cocktail glassfuls
Dry gin	1 cocktail glassful
French vermouth	¼ cocktail glassful
Cherry brandy	¼ cocktail glassful

Method of mixing.—Mix well—don't shake—with one large piece of ice. Rub inside and outside edge of glass with lime.

MARGUERITE OR ALEXANDER COCKTAIL

(For four people)

Whites of eggs (well beaten)	2
Evaporated milk or cream	1¼ cocktail glassfuls
Creme de cacao	1¼ cocktail glassfuls
Dry gin	1¼ cocktail glassfuls

Method of mixing.—Pour all into a shaker with plenty of cracked ice and shake well. To get best results, proportions should be exact and eggs well beaten.

* * *

The following cocktails have been contributed by the Manila Hotel:

ALEXANDER COCKTAIL

Creme de cacao	¼ cocktail glassful
Cream	½ cocktail glassful
Powdered sugar	½ cocktail glassful

Method of mixing.—Use the shaker. Shake well. Serve.

AVIATION COCKTAIL

Gordon gin	½ cocktail glassful
Hennessy brandy	½ cocktail glassful
Pineapple juice	¼ cocktail glassful

Method of mixing.—Shake all together. Serve. (This is for one serving.)

BAMBOO COCKTAIL

Sherry wine	½ cocktail glassful
French vermouth	½ cocktail glassful

Method of mixing.—Use the mixing glass. Stir well. Serve.

BROADWAY SPECIAL COCKTAIL

Gordon gin	1¼ proportion
Italian vermouth	¼ proportion
Apricot cordial	¼ proportion
Orange juice	¼ proportion
Grenadine	¼ proportion

Method of mixing.—Use shaker. Shake well. (This is for one serving.)

BRONX COCKTAIL

Gordon gin	½ cocktail glassful
French vermouth	¼ cocktail glassful
Orange juice	¼ cocktail glassful

Method of mixing.—Use the shaker. Shake. Serve.

CHINGTAO COCKTAIL

Cherry brandy	¼ cocktail glassful
Gin	¼ cocktail glassful
Whiskey	¼ cocktail glassful

Method of mixing.—Use the shaker. Shake. Serve.

GIN SLING

Ice	1 piece
Lemon juice	1 teaspoonful
Gin	1 whiskey glassful
Soda or Tansan	to suit

Method of mixing.—Use the high-ball glass, or Scotch glass. Put the ice in the glass. Shake well. Serve.

GLOWING HEART COCKTAIL

Gin	½ proportion
Apricot	½ proportion
Absinthe	1/6 proportion
Grenadine	1/6 proportion

Method of mixing.—Use the shaker. Shake well.

HONOLULU COCKTAIL

Gin	½ cocktail glassful
Italian vermouth	¼ cocktail glassful
Orange juice	¼ cocktail glassful
White of an egg	1
Grenadine	¼ cocktail glassful
Curacao	2 dashes

Method of mixing.—Shake well. Serve.

MALACAÑAN COCKTAIL

Port wine	½ cocktail glassful
Pedro Domecq	¼ cocktail glassful
Sugar	½ cocktail glassful

Method of mixing.—Shake well. Serve.

MESTIZA COCKTAIL

Gin	½ whiskey glassful
Green creme de menthe	¼
Milk or cream	½ whiskey glassful
Cherries	to decorate

Method of mixing.—Use the shaker. Shake well. Serve with cherries. (This is for one serving.)

MILLION DOLLAR COCKTAIL

Gordon gin	¾ whiskey glassful
White of egg	1
Grenadine	1/6 whiskey glassful
Pineapple juice	1/6 whiskey glassful

Method of mixing.—Use the shaker. Frappé well. Serve with a piece of pineapple. (This is for one serving.)

"The end crowns all."

EGGS

APRICOTS WITH SCRAMBLED EGGS

[By Mrs. Charles F. Massey]

Eggs	5
Canned apricot syrup	½ cupful
Canned apricots	quantity required
Salt	1 teaspoonful
Pepper	½ teaspoonful
Toast	as many slices as needed
Cooking fat	1 tablespoonful

Method of preparing.—Beat the eggs slightly, add the apricot syrup and seasoning, then pour into a hot frying pan in which the fat has been melted. Cook over a low fire, stirring constantly until mixture is creamy. Pour over the toast and put two halves of the canned apricots on each serving.

CURRY OF EGGS

[By Mrs. A. J. Grant]

Eggs (hard boiled)	6
Flour	1 tablespoonful
Butter	1 tablespoonful
Curry powder	1 tablespoonful
Onion (juice of)	½ teaspoonful
Pepper and salt	to season
Veal or chicken stock	1 cupful

Method of preparing.—Melt butter in saucepan, blend with the flour, add stock and seasoning and mix until creamy. Pour over eggs previously sliced and cook to the boiling point. Serve hot on buttered toast.

EGGS BROULLES

[By Mrs. H. Eugene Stafford]

Eggs	8
Butter	4 ounces
Truffles	2 ounces
Milk	¼ pint
Salt	saltspoonful
Pepper	⅛ saltspoonful
Sliced bacon Toast	quantity needed

Method of preparing.—Break the eggs into a saucepan, add the milk, salt and pepper, then the truffles, chopped or cut into small dice. Stir quickly over the fire until the eggs begin to set, then draw the saucepan to the side of the stove and continue to cook the eggs until of a smooth consistency. Serve on toast with slices of crisp bacon.

This is an excellent breakfast dish.

EGGS A LA CREME

[By Mrs. Edwin Burke]

Vegetable shortening	1 tablespoonful
Butter	1 tablespoonful
Salt	¼ teaspoonful
Evaporated cream and water	1 cupful
Hard boiled eggs	6
Cayenne pepper	a few grains of
Flour	1 tablespoonful

Method of preparing.—Melt vegetable shortening and butter and rub in the flour and seasoning. Add the milk slowly and cook until thick. Add the boiled eggs cut into about eighths and serve on hot toast.

A good breakfast or luncheon dish.

EGG CROQUETTES

[By Mrs. A. D. Williams]

Eggs	2 or 3
Salt	½ teaspoonful
Pepper	⅛ teaspoonful
Milk	2/3 cupful
Butter	1 tablespoonful
Parsley	1 teaspoonful
Flour	1 tablespoonful
Onion juice	to flavor

Method of preparing.—Pour boiling water over the eggs and let them boil briskly for fifteen minutes. Pour off the hot water and pour cold water onto them. Peel and chop the eggs; chop the parsley. Make a thick cream sauce of the butter, flour, milk, pepper and salt; flavor with onion juice. When cool, stir in the chopped eggs and parsley. Make croquettes, roll in egg and cracker crumbs, and fry in deep hot fat.

EGGS IN SALMON CUPS

[By Mrs. John K. Pickering]

Salmon (canned or left-over)	1 cupful
Cracker crumbs	2 cupfuls
Eggs	2
Salt Pepper	to season

Method of preparing.—Mix all the above ingredients together and form into cup-like molds. Break an egg into each mold, put a lump of butter on each egg, season with salt and pepper and bake in the oven until the eggs are set. Serve with or without cream or tomato sauce.

EGGS A LA SUISSE

[By Mrs. H. Eugene Stafford]

Butter	2 ounces
Eggs	8
Swiss cheese	thin slices as needed
Cream	¼ pint
Salt White pepper	to season
Grated Swiss cheese	2 ounces

Method of preparing.—Spread the bottom of a silver dish with two ounces of butter and cover this with slices of Swiss cheese. Break eight eggs over the cheese taking care not to break the yolks. Season with a little salt and white pepper and pour over the quarter pint of cream. Sprinkle the grated Swiss cheese over the top. Bake in the oven for fifteen minutes to set the eggs. Serve with strips of very thin dry toast.

This is a good entrée for luncheon.

EGGS A LA VILLEROI

[By Mrs. H. Eugene Stafford]

Eggs Villeroi sauce Breadcrumbs Grated cheese Hot fat	quantity needed

This dish is served as an entrée for luncheon, and in addition to being a particularly good dish it is a mysterious one for it seems a difficult thing to get a soft egg inside a croquette.

Method of preparing.—Poach the eggs French style, being careful to have them round and just firm enough to hold their shape. Lift them carefully on a strainer and place them in the bottom of an inverted pan, leaving a space between them. When the eggs are cold, trim them carefully, removing any ragged edges of white, and wipe them dry. Make a *sauce villeroi*. When it is partly cooled, pour it with a spoon over the eggs. It should form a thick coating. When it is cold and well set, trim each egg neatly again, cutting away any of the sauce that has run over the pan. Have ready some nice white breadcrumbs strained through a coarse sieve and mixed with some grated cheese. Lift an egg on a broad knife, place it on the crumbs, cover it with as many crumbs as will adhere to it, lift it again on the knife into a dish containing beaten egg to which a little water has been added. With a spoon moisten the crumbed egg well with the beaten egg, then place it on fresh breadcrumbs that have not been mixed with cheese, and cover completely. The eggs can now be handled with care and turned into good shape in the crumbs. Let the breaded eggs stand until just ready to serve, then place three or four of them in a wire basket and plunge them into smoking hot fat long enough to take on a delicate color, *not deeper than a lemon-color*. Put a spoonful of *sauce villeroi* in each plate, using the sauce left from coating the eggs and thinned with stock. Place an egg on the sauce and serve at once. Chopped truffles or mushrooms mixed with the sauce improves it.

FRENCH POACHED EGGS

[By Mrs. H. Eugene Stafford]

Eggs	
Water	quantity necessary
Salt	
Vinegar	

Method of preparing.—French poached eggs, when properly cooked, are in the shape of a ball and are used for fancy egg dishes. Put in a deep saucepan a generous amount of water, add a little salt and vinegar, the salt to raise the heat of the water, the vinegar to harden the white of the egg. When the water is violently boiling, crack the shell of the egg and, holding it close to the water, drop the contents quickly on the point of greatest ebulition. The egg should drop all at once, not drain into the water. The mass will then be whole and the violently agitated water will toss it about and give it a round form. When sufficiently firm to hold, remove with a skimmer and place carefully on the bottom of an inverted tin to drain.

Note.—Poach but one egg at a time and remove it before the yolk hardens. The eggs must be perfectly fresh.

SOUPS

CHEESE SOUP

[By Mrs. S. M. Stow]

American cheese	¼ pound
Milk	1 quart
Eggs (yolks)	2
Onion juice	1 teaspoonful
Flour	1 tablespoonful
Butter	1 tablespoonful
Salt	½ teaspoonful
Cayenne pepper	dash
Croutons	1 cupful

Method of preparing.—Put the milk in a double boiler, add the cheese, grated, salt, cayenne pepper, and onion juice. Rub the butter and flour together, moisten with a little milk, then add to the milk and cheese. Cook until thick, stirring constantly. Beat the yolks of the eggs, add a few spoonfuls of the soup to them, remove the soup from the fire, add the egg mixture, mix thoroughly, add the croutons, and serve at once.

CHICKEN SOUP

[By Mrs. G. A. Cresap]

Chicken broth	1 quart
Onion (chopped)	2 tablespoonfuls
Carrot (chopped)	2 tablespoonfuls
Parsley	1 sprig
Celery	1 stalk
Salt	1 teaspoonful
Tapioca	2 tablespoonfuls
Yolks of eggs	2
Cream	½ cupful
Milk	2 cupfuls

Method of preparing.—Simmer chicken broth, onion, carrot, parsley, celery and salt for one hour. Strain into a double boiler, add two cupfuls of milk and when scalded, add two tablespoonfuls of tapioca, stirring occasionally until the tapioca is transparent. Beat the yolks of the eggs, add the cream and stir into the soup. Serve hot.

"Happy the man with nerve sublime,
To drop in just at dinner time."

CONSOMMÉ

[By Mrs. A. J. Grant]

Beef (lean)	3 pounds
Carrot	1
Onion	1
Red pepper	1
Whole cloves	1 tablespoonful
Parsley (chopped)	1 tablespoonful
Celery (stalk)	4
Water	3 quarts

Method of preparing.—Cut up meat and cover with water, simmer for four hours; add the other ingredients and cook one hour longer. Strain and stand over night in a cool place. Next day skim off the grease, then add the white and shell of an egg to the consommé to clear it, boil up, strain again, season with salt and serve with one slice of lemon to each plate.

CREAM OF BEETS SOUP

[By Mrs. Charles F. Massey]

Large raw beets	2
Water	1 pint
White sauce	as needed

Method of preparing—Peel and chop the raw beets very fine. Cook for twenty minutes in a pint of water. Press through a sieve into white sauce made as follows:

WHITE SAUCE

Butter	2 tablespoonfuls
Flour	2 tablespoonfuls
Salt	½ teaspoonful
Pepper	¼ teaspoonful
Milk	1½ cupfuls
Mace	a pinch

Method of mixing.—Melt the butter in a hot pan, add the flour and seasonings and cook a few minutes. Then add the milk (hot), slowly, constantly stirring to free from lumps. Let the sauce simmer until thick. A pinch of mace adds a piquant flavor. Add the beet pulp, with some of the water in which the beets were boiled, to this sauce. Stir thoroughly, bring to a boil and serve hot.

CREAM OF CORN SOUP

[By Mrs. E. Moffatt]

Ears of sweet corn	quantity desired
Milk	
Butter	
Salt	
Pepper	

Method of preparing.—Score the ears of corn lengthwise, and scrape out all the meat with the back of a knife. Bring to the boiling point the requisite amount of milk, seasoned with butter, pepper, and salt. Pour this onto the scraped corn, stir well and cook gently for ten minutes.

CREAM OF MUSHROOM SOUP

[By Mrs. Charles F. Massey]

Mushrooms	½ pound
Butter	2 tablespoonfuls
Chicken or veal stock	1 quart
Flour	2 tablespoonfuls
Onion	1 slice
Salt	to taste
Pepper	to taste
Cream	1 cupful

Method of preparing.—Chop the mushrooms and add them to the chicken or veal broth with the slice of onion. Cook for twenty minutes and rub through a sieve. Reheat. Put butter in a saucepan, add flour and when it bubbles add two-thirds cupful of mushrooms and soup liquid. Stir until smooth, then add the rest of the mushrooms and soup liquid, also the cream and seasonings. A spoonful of whipped cream may be added to each helping just before serving.

CREAM OF TOMATO SOUP

[By Mrs. Louis McCall]

Tomato soup	1 can
Soda	¼ (scant) teaspoonful
Cream	¾ of can
Water	¼ of can
White or cayenne pepper	a dash

Method of preparing.—Bring the tomato soup to a boiling point, with the soda and a dash of pepper added. Put cream and water in a separate boiler and bring to a boiling point. Use tomato soup can for measuring cream and water. When ready to serve, mix soup and cream and serve immediately. This quantity will serve six people.

SCOTCH BROTH

[By Mrs. Louis McCall]

Neck of lamb or young goat	1
Onions Potatoes	as required
Barley	1 cupful

Method of preparing.—Chop the meat into small pieces; add the onions and potatoes as for soup broth. Cook until tender. Add the barley which has first been cooked in just enough water to take it up and form a thick gruel when done. It takes all day to cook this properly but it makes a wholesome and economical meal.

WHITE BEAN SOUP

[By Mrs. Louis McCall]

White beans, navy	1 pint
Onion	1
Bacon (thin slice)	1
Butter	1 teaspoonful
Salt	⅛ teaspoonful
White pepper	⅛ teaspoonful
Cream	1 cupful

Method of preparing.—Boil beans until tender in three pints of water with bacon and one whole onion. When tender, take out onion and bacon. Strain juice and mash beans through a sieve; season with butter, salt, and pepper and heat again. Just before serving add cream and bring to a boiling point. If too thick, thin with a little milk. Fry squares of bread in butter until they are a rich brown and add just before serving.

WHITE SOUP STOCK

[By Mrs. Thomas A. Street]

Knuckle of veal	4 pounds
Cold water	2 quarts
Salt	¾ tablespoonful
Peppercorns	½ teaspoonful
Onion	1 (sliced)
Diced celery	½ cupful

Method of preparing.—Cut up the meat and saw the bone in several places. Add the water, seasonings and celery and bring slowly to the boiling point. Cover and simmer for four hours. Strain, cool, remove the fat and strain again through cheesecloth if desired.

FEATHERS

[By Mrs. Charles F. Massey]

Egg	1
Water	¼ cupful
Salt	⅛ teaspoonful
Flour	3 tablespoonfuls

Method of mixing.—Beat the egg well, add salt, flour, and water and stir until smooth. Pour slowly from the end of a spoon into boiling soup. Cook for two or three minutes and serve hot.

Note.—This is delicious in clear soap.

QUENNELLES

[By Mrs. O. Ranft]

Water	½ cupful
Milk	½ cupful
Butter	1 tablespoonful
Flour	½ cupful
Eggs	2
Salt Pepper	a little

Method of mixing.—Put the milk, water and butter into a saucepan. When the boiling point is nearly reached, add the flour, salt, and pepper and cook for ten minutes, stirring until the paste leaves the sides of the pan. Set aside to cool. Then add the unbeaten eggs, one after the other, beating well after adding each egg. Take two teaspoons, fill one of them half-full with the paste, fold the other teaspoon over the first so as to form an oblong ball out of the paste, then drop the ball into hot tomato soup and cook until done. If to be used in clear bouillon, cook the paste in salted water and later add to the clear soup.

COLD STORAGE FISH IMPORTED FROM AMERICA AND AUSTRALIA

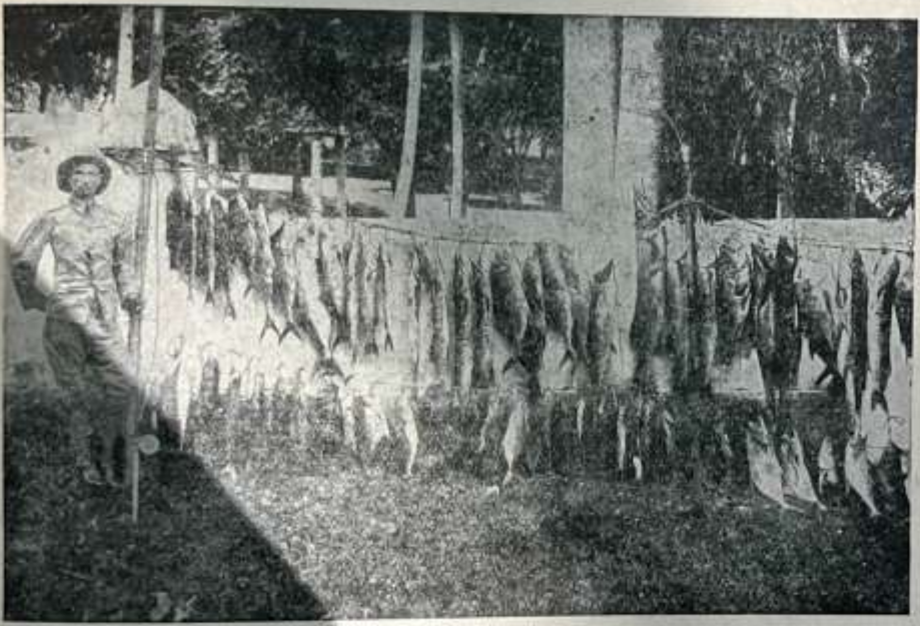
(Obtainable in Manila Cold Stores)

[Contributed by MRS. S. F. GACHES]

Haddock Halibut Herrings Salmon	from America
Blue cod	from New Zealand

Also:

Finnan haddock Smoked fillets of haddock Smoked salmon Kippered herrings Morgan oysters in cans	from America



A few hours catch in the Philippines

FISH

SOME DESIRABLE FISH IN THE MANILA MARKET

[By Albert W. C. T. Herre]
Chief, Division of Fisheries, Bureau of Science

There is usually a good variety of fish in the Manila markets from which to choose, but the price is generally outrageously high for the choicer varieties. There are a number of reasons for this, but the principal ones are the lack of modern methods in the fisheries, the failure to develop adequate methods of transportation and distribution, the Oriental custom of having no fixed price but making every thing a matter of haggling, and the ignorance of the consuming public. The housewife can do little towards changing the other factors, but she can easily learn that *lapo-lapo* is not the only Philippine fish worth cooking and that the markets have plenty of fish cheaper and better than the well advertised but tasteless cold storage fish brought from New Zealand and Seattle.

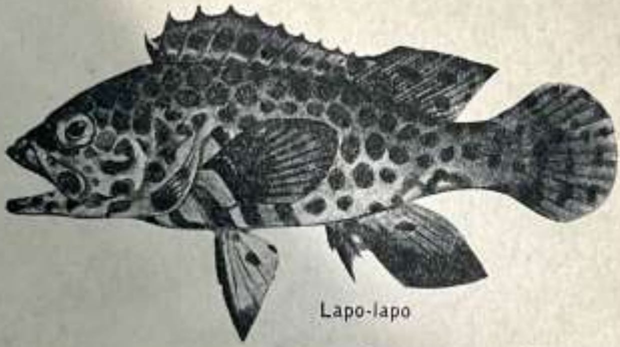
Manila has many markets but only two have a good assortment of fish. By visiting the Quiapo or the Divisoria Markets not later than 8:00 or 8:30 a. m. one can usually find good fish on display.

Far more important than the kind of fish selected is its freshness. The Manila markets abound in stale fish, often in the condition in which some people like game. But while one may eat semi-putrid vension or duck without serious calamity, it is a very dangerous procedure to eat any fish that is not strictly fresh. One should *never* take a stale fish.

Second in importance is the skill of the cook. The majority of people do not know how to fry fish, but spoil it in the process. Fish may be fried (a method that is suitable to more kinds than any other), baked, grilled, boiled, planked, roasted before an open fire, used in chowder, or prepared in other ways, but it should *not* be underdone, a very common fault, especially in baking large fish.

One of the best, if not the finest of all sea-food fish, is the Spanish mackerel, known as *tanguingui* in Tagalog. It attains a very large size, two meters or more in length, but as ordinarily seen in the markets is very much smaller. Its white flesh is very delicious properly grilled. The small ones may be baked whole and served with a sauce.

A Filipino, if asked to name the choicest fish of the Islands, will tell you that *lapo-lapo* is the best, but unfortunately for the housewife at least seven or eight different kinds of fish are called *lapo-lapo*. The name is applied to any of the groupers and sea basses occurring around reefs. They may be gray or brown and variously blotched and spotted or bright red with blue spots, or otherwise brilliantly colored, but they are of the same general shape and all have flaky, white, well-flavored flesh.


Lapo-lapo

Another fish of similar quality and unreasonable price is the *apahap*, a plainly colored sea bass, very different in shape from the groupers or *lapo-lapo*.

The snappers, especially the bright red ones known as *mayamaya*, are of excellent quality and are best when baked. Like many other fish they need to be cooked very slowly or they will be tough, while a good sauce improves them very much.

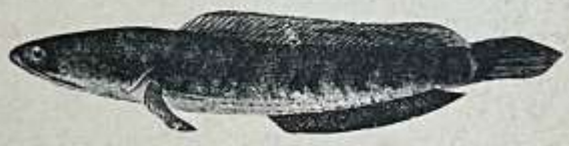
Equally well flavored and much more tender is a brilliantly colored fish known as *molong*. Closely related to it is the much smaller but savory *dalagang bukid,* blue and gold or bright red in color.

Barracuda or *rompe-candado* are long, slender, round-bodied, pike-like fish of good quality.

Any of the following are good and will make a satisfactory meal: The chub mackerels, which include *hasa-hasa* and *alumahan* or *cavalla;* the pampanos or *talakitok,* deep-bodied and plainly colored fishes of many species. They are not of such superlative quality as the pampano of the southern United States and the West Indies, but are nevertheless very good. Other members of the pampano group are the hard tail or *balangayan* and the *salay-salay.* Porgy or *bakoko* is excellent baked; it is a short, broad, rather thick fish with tender flesh.

Mullet or *banak* can always be had in the market, and when fresh and properly cooked it is among the most delicious of fish, being surpassed by very few in delicacy of flavor. Another good fish of rather small size is the *bia,* one of the larger gobies.

The *dalag* can be bought at all seasons, and since it is brought to the markets alive there is never any doubt as to its freshness. After the market woman has clubbed it until it will lie still long enough to be taken home, have your *muchacho* skin it and put in salt water to soak a few minutes. With a sharp knife split the flesh, separating it from the backbone. Then if you know how to fry fish serve it hot, crisp, and brown, and your guests will say, "I don't care for fish as a rule but this is so good I'll take another piece." Just because *dalag* is called mud-fish, most Americans will not try it, but when they are served with it at a hotel or some select dinner party, they eat and enjoy it as long as they don't know what it is.



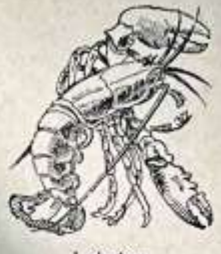
Dalag

The Siganidæ, known as *samaral,* are dark-colored or brown fishes of fair quality, greatly resembling in appearance the *labahita* or surgeon fishes, the latter, however, having a knife-like razor-edged movable spine on either side of the tail.

Among the most delicately flavored fishes are the flat fish, soles and flounders and their allies, known as *palad*. These singular fish may be readily recognized by their flattened bodies, white on one side and brown or gray or mottled on the other, the twisted mouth and both eyes on one side of the head, the upper or dark side. Fillet of sole is a real delicacy, but unfortunately few flat fish reach the markets, the catch being small and usually eaten at the place of capture.

The Manila markets are usually supplied with an abundance of crabs, shrimps, and shell fish, though not always of the choicest varieties.

The finest of the crustaceans is the large salt water cray fish, called lobster by the English speaking *sugpo* in Tagalog, and *banagan* in Visayan. Unfortunately it is rarely seen in any market, as it is usually bought by some epicure at the landing. It may be used for any purpose that the true lobster is used and is equally as good, if not better. Those who live in the outlying provinces may often secure lobsters if they make suitable arrangements with the local fishermen.


Lobster

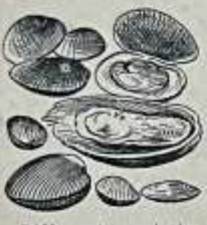
In some of the Islands coconut crabs are still to be found. These gigantic crabs are delicious and may sometimes be purchased in remote localities.

In the Manila markets the large crab known as *alimañgo* can be had during most of the year. Needless to say, one should never purchase any except vigorous living crabs. Remember when you are at the market that a dead crab is a dangerous crab. The crab called *alimasag* is smaller and much less desirable than the *alimañgo*.

There are many kinds of shrimps of both fresh and salt water species throughout the Islands. The name *hipon* is applied to them in Tagalog, but a gigantic fresh water species occurring near Manila and reaching a length of more than three-fourths of a meter, is called *ulang*. Any of the larger *hipon*, as well as the *ulang*, may be used in making shrimp salad. Properly cooked, fresh *hipon* are equal in every respect to imported shrimps.

Many kinds of shell fish are used by the Filipinos but most of those seen in the markets are so small that they do not appeal to Americans.

It is probably unsafe to use oysters gathered in the vicinity of Manila on the eastern shores of the Bay, unless they are very thoroughly cooked. The brackish waters in which they live are in general too polluted for the oysters to escape contamination. There are three species of edible oysters in the Philippines and when fresh and gathered from beds remote from Manila they may be used freely. Oysters are often brought to the Manila market unhusked and are then handled in a very careless and unsanitary manner. One should never attempt to use oysters under such conditions.


Different varieties of clams

Of the great variety of clams on sale, perhaps the best are two species much alike in external appearance and flavor and known as *halaan*. Other clams of good quality are *sarop*, the *lucan*, the *tulla*, the *batotoy*, the *lutos*, and the *paros*.

Salt water mussels, known as *tahong*, are sometimes to be had.

All these shell fish should be strictly fresh. Dead or filthy animals should never be purchased. While all those named are good for soup and chowder, it must be remembered that some people are susceptible to protein poisoning from shell fish or to gastric disorders as a result of eating them. This susceptibility is heightened when the clams are stale. However, if one is a steady customer of a particular stall-keeper and once gets her to understand what is wanted, or has a cook who knows how to select fresh fish, crabs, and shell fish, one may eat of these things in safety.

To fry fish.—Many people are not aware that in frying fish the best results are obtained when it is rolled in cornmeal. Wipe the fish dry, season it, roll in corn meal, and drop in deep boiling fat or lay in a very hot skillet with sufficient grease to prevent sticking. In the latter case the frying should be continued at a more moderate heat. When done, drain before serving.

TIME-TABLE FOR COOKING FISH

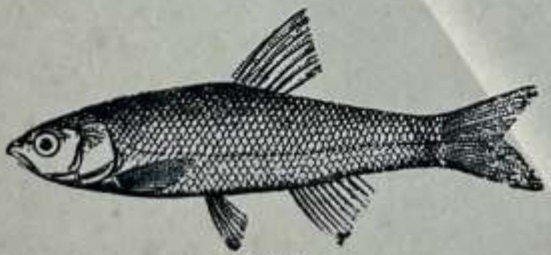
For baking and roasting:	
Whole fish, such as lapo-lapo, salmon, bluefish, cod, etc.	10 minutes per pound
Small fish and fillets	20 to 30 minutes
For boiling:	
Whole fish such as codfish, bluefish, lapo-lapo, etc.	10 minutes per pound
Salmon, whole or thick piece	10 to 20 minutes per pound
Small fish	6 to 8 minutes per pound
Clams and oysters	3 to 5 minutes
For broiling:	
Slices of fish	12 to 15 minutes
Small fish, like trout, etc.	8 to 12 minutes
For frying:	
Fillets of fish	4 to 6 minutes

BAKED RED SNAPPER A LA CREOLE

[By Mrs. Louis McCall]

Red snapper	1 (about 4½ pounds)
Bacon	2 thin slices
Tomatoes	1 pound can
Green peppers	2
Butter	1 level tablespoonful
Flour	1 level tablespoonful
Onion	1

Method of preparing.—Clean the fish, rub a little salt and pepper inside and outside, lay the bacon on top and put the fish into a baking pan. Mix tomatoes with their juice, add sliced onion and sliced green peppers; then add butter and flour, blended and seasoned with salt and pepper. Pour this sauce over the fish and cook for an hour and fifteen minutes.



Mamali

BAKED SPANISH MACKEREL

[By Mrs. A. J. Grant]

Spanish mackerel (medium sized)	1
Breadcrumbs (medium stale)	2 cupfuls
Onion (small, minced)	½
Bacon (minced)	1 tablespoonful
Green pepper (minced)	½ teaspoonful
Bacon (slices)	3
Salt	1/3 teaspoonful
Pepper	few grains

Method of preparing—Mix together the breadcrumbs, onion, chopped bacon and seasoning and put it on the fish which should be dressed for broiling. Place a slice of bacon on this and fold the fish over so that the dressing shows. Place in baking pan, lay the remaining bacon on top of the fish, and bake for thirty minutes in a modern oven, basting frequently with the fat in the pan. Serve on a platter decorated with slices of lemon.

Serve with the following sauce:

Dill pickles (chopped)	2 teaspoonfuls
Mayonnaise	4 tablespoonfuls
Chilli sauce	3 tablespoonfuls

CODFISH CAKES

[By Mrs. S. F. Gaches]

Salt codfish	1 pound
Potatoes (medium sized)	10
Egg	1
Butter	size of an egg
Salt Pepper	to season

Method of preparing.—Put the codfish into a pan and cover it with cold water. Put the pan on the back of the stove and let it remain there all day. Change the water once during this time. When the fish is ready, flake it; have the potatoes already boiled and mashed. Mix the fish and potatoes together with a silver fork and add the egg, butter, and seasoning. Mix well and beat until the mixture is light. Form into cakes and fry in deep, very hot fat until nicely browned. When one side is browned turn the cake over and brown the other, being sure that the fat is very hot all the time.

CRAB FLAKES AU-GRATIN

[By Mrs. S. F. Gaches]

Crab flakes	1½ cupfuls
White cream sauce	1 cupful
Buttered cracker crumbs	½ cupful
Grated cheese	½ cupful

Method of preparing.—Mix the crab meat with the white sauce. Mix the cracker crumbs and the cheese together. Fill a baking dish, or crab shells, with the crab mixture, sprinkle equal quantities of the cheese and cracker crumbs over the top, and bake until brown in a medium oven.

Crab

CRAB LOUIS

[By Mr. W. G. McVean]

Chilli sauce	1 bottle
Catsup	½ bottle
Mayonnaise	3 ounces
Lemon (juice of)	1
Salt	1 teaspoonful
Crab meat	4 or 5 crabs
Cayenne, black pepper and paprika	to taste

Method of preparing.—Pick meat from boiled crabs into bits and place on lettuce leaf or other garnish. Mix above ingredients and pour over crab meat.

CRAB TOAST

[By Mrs. Louis McCall]

Buttered toast	6 rounds
Butter	2 tablespoonfuls
Flour	1 tablespoonful
Mustard	½ teaspoonful (already made)
Salt	to taste
Pepper	
Lemon juice	1 teaspoonful
Milk	¾ cupful
Egg (hard boiled)	1
Crab meat	1 pint

Method of preparing.—Blend butter and flour together in a saucepan over the fire, add the mustard, salt, pepper, lemon juice and milk. Stir until the sauce boils. Chop the hard boiled egg and add it to the crab meat. Then add the crab mixture to the sauce and serve very hot on the buttered rounds of toast.

CREAMED CRABS

[By MRS. S. F. GACHES]

Crabs	1 dozen
Butter	1 tablespoonful
Flour	1 tablespoonful
Milk	1 cupful
Salt	½ teaspoonful
Cayenne	speck
Eggs (yolks of)	2
Sherry wine	to taste

Method of preparing.—Melt the butter in a saucepan, and add the flour; mix, add the milk gradually and when smooth add the meat of the boiled crabs. Season with salt and cayenne and add the eggs and wine just before serving.

CREAMED SHRIMPS

[By MRS. S. F. GACHES]

Shrimps	1 cupful
Butter	1 tablespoonful
Flour	1 tablespoonful
Milk	1 cupful
Salt	½ teaspoonful
Cayenne	a speck
Eggs (yolks of)	2
Lemon juice	to taste

Method of preparing.—Melt the butter in a saucepan, add the flour, then the milk gradually, stirring all the time. Season, stir in the beaten yolks of the eggs, add the shrimps and cook until very hot. Serve at once.

FISH A LA LOUISIANE

[By MARGUERITE WOLFSON]

Medium sized red snapper or lapo-lapo	1 pound
Shrimps	1 pound
Mushrooms	1 can
Cream	1 can
Eggs (yolks of)	2
Butter	2 tablespoonfuls
California white wine	2 wineglassfuls

Method of preparing.—Boil the fish until tender and remove the skin and bones. Put shrimps, crab meat, and mushrooms in a saucepan with one tablespoonful of butter, the liquor from the mushrooms, salt, cayenne pepper, and one clove of garlic. Cover with water or thin stock and cook until tender. Lay the fish on a long platter, put the shrimps, crabmeat, and mushrooms on top, then the chopped parsley. Make a sauce in a double boiler of one teaspoonful butter, yolks of two eggs, can of milk, and a few grains of cayenne pepper. Remove from fire as soon as it comes to a boil, then add two wineglassfuls of white wine, stirring constantly to prevent curding and pour over the fish. This will serve eight people.

FISH-GRATIN

[By Mrs. C. Ranft]

White fish (halibut, turbot, cod, etc.)	1
Butter	2 tablespoonfuls
Flour	1 teaspoonful
Chopped onion	2 (finely chopped)
Salt	to season
Bay leaf	1
Nutmeg	a little
Potatoes	number necessary
Breadcrumbs	amount necessary
Egg yolks	2

Method of preparing.—Boil the fish in salted water until done. When cool, remove the bones and skin and pick the fish into pieces with two forks. Melt the butter in a saucepan, when it bubbles add the flour, chopped onions, salt, and bay leaf, also the nutmeg and simmer for twenty minutes. Boil the potatoes in their jackets. When cool, peel and slice them. Butter a baking dish, spread it with breadcrumbs, put in a layer of fish, then a layer of potatoes, then a layer of the sauce and so on until the dish is full. Beat the egg yolks until light, mix well with buttered breadcrumbs, and spread over the top of the dish. Bake for one hour in a moderate oven. Serve with any kind of salad.

Note.—This dish may be made from any good left-over fish. Be sure the fish is fresh and remove carefully any bones or bits of skin.

FISH IN JELLY

[By Mrs. H. Eugene Stafford]

Fish	2 pounds
Vinegar	½ cupful
Cloves	2
Gelatine	½ package or 1 ounce
Water	1½ quarts
Bay leaf	1
Salt	1 teaspoonful
Peppercorns	1
Sliced lemon	½
Whites of eggs	2

Method of preparing.—Put the water into a saucepan, add the vinegar, peppercorns, cloves, bay leaf, salt and the fish (which should be of the white meat variety). Let come to the boiling point; skim, and set aside to simmer slowly, until the fish is done. Dip out the fish, remove the flesh carefully and return the head, bones and all unused parts of the fish to the fish stock and let simmer one-half hour longer. Then strain and clear with the whites of the eggs stiffly beaten and mixed with the egg shells, crushed. When clear, strain into the gelatine which has been dissolved in a little cold water. If the bones, head, etc., of the fish are boiled after the fish is removed, use only half the quantity of gelatine (one-half ounce) as the fish bones contain a gelatine. Put slices of lemon in the bottom of a mold to use as decoration. Over them arrange the fish neatly, pouring over the gelatine when it is nearly cool.

Fishing

Note.—If the fish is put into a mold made like a fish, it turns out a very attractive dish. Serve with slices of cucumber, alternated.

with sliced tomatoes. Serve mayonnaise or other suitable sauce, also bread and butter sandwiches. This is a very nice summer luncheon dish.

FISH PUDDING

[By Mrs. H. Eugene Stafford]

Fish	1 cupful
Breadcrumbs	1 cupful
Anchovy paste	½ teaspoonful
Eggs	3
Fish stock or milk	1 cupful
Salt Pepper	to taste

Method of preparing.—The fish should be firm and white. Pass it through the meat chopper. Soak the breadcrumbs in the fish stock or milk and beat the mixture smooth. Stir in the fish and the beaten yolks of the eggs. Season with the anchovy paste, salt and pepper. Beat the whites of the eggs to a stiff froth and add last. Put into small well buttered timbale molds and steam until set. Serve with hollandaise sauce. During the steaming, put a small round piece of buttered paper over each mold.

GREEK FISH

[By Mrs. M. Stow]

Fish	half of large, or 1 small
Shrimp	1 cupful
Crab	1 cupful
Oysters	1 cupful
Butter	½ cupful
Port wine	1 cupful

Method of preparing.—Bake the fish with the butter and wine until well done. Add to it the shrimp, crab and oysters. Then add the following mixture which has been prepared in a saucepan:

Butter	½ cupful
Flour	enough for stiff batter
Milk	1 quart

Melt the butter, add the flour and stir well, then add the milk slowly and stir until smooth. Serve very hot with the fish.

SALMON LOAF

[By Mrs. S. D. Rowlands]

Canned salmon	1 can
Eggs (yolks)	2
Melted butter	½ tablespoonful
Milk	¾ cupful
Gelatine	2 tablespoonfuls
Salt	½ teaspoonful
Sugar	1½ teaspoonfuls
Mustard	1 teaspoonful
Flour	½ teaspoonful
Vinegar	¼ cupful
Cayenne	⅛ teaspoonful

Method of preparing.—Pour hot water over the salmon to remove the oil, then flake. Mix the salt, sugar, flour, mustard, and cayenne, add the egg yolks beaten light, melted butter, milk and vinegar. Cook over boiling water until it thickens, stirring constantly. Add the gelatine previously soaked in cold water. Strain the mixture and add to the salmon. Pour in molds, place on the ice, and serve with cucumber sauce or with mayonnaise.

SALMON WITH PEAS

[By Mrs. S. F. Gaches]

Salmon	1 can
Grated breadcrumbs	1 cupful
Eggs	3
Peas (fresh preferred)	1 can
Salt	½ teaspoonful
Paprika	a dash
Butter	1 dessertspoonful

Method of preparing.—Pick over the salmon, removing bones and the skin and pour over boiling water to remove the oil, then drain. Melt the butter, beat the eggs well, add the salt and paprika to the breadcrumbs, mix all ingredients thoroughly and pack in buttered molds two-thirds full. Steam one-half hour, serve on a platter with the peas, creamed and poured around the salmon molds.

SALMON SCALLOP

[By Mrs. Thomas A. Street]

Canned salmon	1 can (half pound)
Breadcrumbs	½ cupful
Milk	½ cupful
Eggs	2
Melted butter	1 tablespoonful
Salt Pepper	to season

Method of preparing.—Beat the eggs and stir the other ingredients into them. Sprinkle with breadcrumbs and bake for thirty minutes.

SHAD ROE A LA MANILA

[By Mrs. S. F. Gaches]

Shad roe	1 tin
Melted butter	as needed
Lemon (juice of)	1
Parsley	as needed

Method of preparing.—Remove the roe from the tin, brush over with soft butter and broil under a clear flame until brown and heated through. Have some butter melted in which the juice of a lemon has been added. Garnish the roe with lemon and parsley. Serve piping hot.

SHRIMPS A LA NEWBERG

[By Mrs. A. J. Grant]

Shrimps (cleaned)	2 cupfuls
Butter	6 tablespoonfuls
Salt	1 teaspoonful
Lemon juice	2 teaspoonfuls
Flour	2 teaspoonfuls
Milk	1 cupful
Eggs (yolks)	4
Sherry wine	4 tablespoonfuls

Method of preparing.—Cook shrimps for three minutes in four tablespoonfuls of butter, add salt, lemon juice, and a dash of pepper and cook one minute longer. Remove shrimps and add remaining butter, flour and milk. When thickened add yolks of eggs slightly beaten, shrimps and wine; cook for one minute and serve on toast.

SHRIMPS A LA NEWBURG

[By MRS. JOHN K. PICKERING]

Shrimps	2 cupfuls
Butter	1 ounce
Red pepper	to season
Salt	½ saltspoonful
Truffles	2
Madeira or sherry wine	1 wineglassful
Yolks of eggs	3
Canned cream	½ pint

Method of preparing.—Put the shrimps and butter into a saucepan, season with salt and red pepper and add the truffles. Cook for five minutes. Then add the wine and cook three minutes longer. Beat the egg yolks together with the cream and add to the shrimps. Shuffle the pan gently for two minutes longer or until the mixture thickens. Pour into a hot dish and serve.

SHRIMP CREOLE

[By MARGUERITE WOLFSON]

Shrimps	2 pounds
Milk	1 cupful
Strained canned tomatoes	1 cupful
Butter	1 tablespoonful
Sliced green peppers	1 cupful
Salt and cayenne	to taste
Onion juice	1 teaspoonful
Worcestershire sauce	1 teaspoonful

Method of preparing.—Cook the shrimps in salt water and remove the shells. Put in a saucepan butter, onion juice, Worcestershire sauce and tomatoes. Stir in milk and sliced green peppers and let all come to a good boil. Add the salt and cayenne pepper, pour over shrimps and serve very hot with border of rice.

SHRIMP CURRY

[By Marguerite Wolfson]

Shrimps	2 pounds
Soup stock	1 cupful
Flour	2 tablespoonfuls
Curry powder	1 tablespoonful
Egg (yolk of)	1
Salt	1 teaspoonful
Ginger	½ teaspoonful
Cayenne pepper	to taste
Worcestershire sauce	1 teaspoonful
Crisco	1 tablespoonful
Onion (chopped)	¼

Filipino fishermen making a good catch

Method of preparing.—Boil the shrimps in salt water until tender and remove shells. Slightly brown onions in crisco, then add soup stock, flour and curry powder. Stir in the egg and add salt, pepper, ginger and Worcestershire sauce, stirring all over the fire. If very thick it can be thinned with a little more stock or boiling water. Let come to a good boil, then pour in shrimps. Serve very hot over boiled rice. A good chutney should be served with curry.

SHRIMP CUTLETS

[By Mrs. S. F. Gaches]

Shrimps (chopped and finely minced)	1½ pounds
Butter	2 ounces
Flour	2 ounces
Boiling milk	1 cupful
Eggs (yolks of)	3
Nutmeg	a dash
Salt	1 even teaspoonful
Pepper	1 saltspoonful
Parsley (minced)	1 tablespoonful
Breadcrumbs	as needed

Method of preparing.—Melt the butter in a saucepan, add the flour and stir to a paste. Add, gradually, the milk and cook until of a smooth, creamy consistency. Then add the shrimps, then the well beaten yolks of the eggs, salt, pepper, nutmeg and minced parsley. Pour into a buttered pan one and one-half inches deep. When cold, cut into fancy shapes, dip in beaten egg and breadcrumbs and fry in boiling fat. Serve with sauce tartare.

SHRIMP AND TOMATOES

[By Mrs. Edwin Burke]

Shrimps	2 cupfuls
Tomatoes	1 can
Butter	2 tablespoonfuls
Salt	a little
Pepper	
Onion juice	
French dressing	as required

Method of preparing.—Melt the butter, add tomatoes and cook slowly until like purée, then strain and return to the saucepan. Season well with the salt, pepper and onion juice. Add the shrimps which have been soaked in French dressing for an hour, heat well and serve on toast.

TIMBALE OF FISH

[By Mrs. Louis McCall]

Raw fish	1½ pounds
Thick cream	½ pint
Butter	1 tablespoonful
Eggs	4
Onion juice	1 teaspoonful
Salt	¼ teaspoonful
Cayenne pepper	a dash

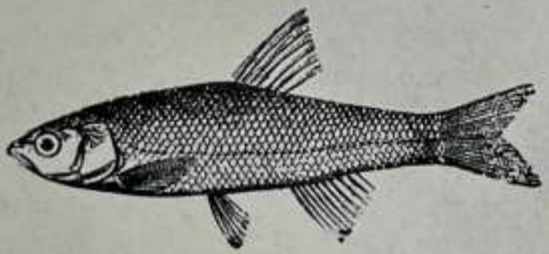
Method of preparing.—Mash raw fish through colander, add butter, beaten egg yolks, onion juice, pepper and salt. Use beaten whites of eggs last. Cook in pan of water in oven for about half an hour.

TUNA FISH LOAF

[By Mrs. N. E. Thompson]

Tuna fish	1½ cupfuls
Fresh breadcrumbs	1 cupful
Eggs	2
Lemon juice	1 teaspoonful
Chopped green pepper	1
Salt	1 teaspoonful
Paprika	¼ teaspoonful

Method of preparing—Mix all ingredients together, picking tuna fish apart with a silver fork. Mold firmly in a loaf, roll in flour and place in buttered pan, dot with butter and bake in moderate oven for thirty minutes.



MEATS

COLD STORAGE MEATS IMPORTED FROM AUSTRALIA, CHINA, AND AMERICA

(Obtainable in Manila Cold Stores)

[Contributed by MRS. S. F. GACHES]

MEATS

Beef
Lamb
Mutton
Pork[1]
Veal

SUNDRIES

Bacon
Brains
Corned beef
Hams
Kidneys
Liver
Ox tails
Ox tongues
Salt pork
Sweetbreads
Tripe

Sausages:
  Beef
  Bologna
  Frankfurter
  Garlic
  Ham
  Liver
  Oxford
  Pork

Rabbits .... }
Hares .... } imported from Australia

POULTRY

Capons
Chickens
Ducks
Geese
Turkeys

GAME

Pheasants
Partridge
Woodcock
Wild pigeon
Mallard ducks
Teal ducks
Quail

.... Imported from China. In season from about October to June. (Note.—Imported game is exceptionally good during November, December, and January.)

Snipe .... imported from China and obtained locally.

NOTE.—Snipe are abundant in the Philippines during the shooting season which opens July 1st and close April 1st. The number of enthusiastic snipe hunters is steadily increasing and thousands of birds are bagged every season. Snipe do not breed to any extent in the Philippines but fly here in great numbers from China as soon as the weather there begins to get cold. Being worm-eating, and not seed-eating birds, snipe are found in the newly ploughed fields, among the new-growing rice and in other low, swampy and marshy lands. They begin to disappear just before the rice harvest when the fields are getting dry. They can sometimes be found in the native markets alive, having been caught at night by means of torchlights and nets. The light blinds the birds and they fall easily into the nets. However, this practice is strictly against the game laws of the Philippines.

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[1] Suckling pigs may also be obtained.

TIME-TABLE FOR COOKING MEATS

BROILING

Steak:	
1 inch thick	4-6 minutes.
1½ to 2½ inches thick	8-20 minutes.
Lamb or mutton chops	8-10 minutes.
Chicken	15-20 minutes.

ROASTING

Roast beef	10 minutes to each pound counting after the first half hour.
Mutton	15 minutes to each pound counting after the first half hour.
Lamb and veal	20 minutes to each pound counting after the first half hour.
Pork	25 minutes to each pound counting after the first half hour.

NOTE.—The length of time for cooking fish and meat does not depend so much on the number of pounds to be cooked as the extent of surface exposed to the heat.

BAKED SLICED HAM IN MILK

[By MRS. C. S. SALMON]

Ham (sliced thick)	2 pounds
Rich milk	1 cupful
Butter	1 tablespoonful
Flour	2 tablespoonfuls

Methods of preparing.—Soak ham for an hour in warm water, then place in baking pan; sprinkle with flour, season with pepper, cover with milk and dot with butter. Bake until tender, about forty minutes.

BAKED HAM

[By MRS. R. W. BERDEAU]

Ham	about 4½ pounds
Onion	1 (small)
Brown sugar	½ cupful
Sherry wine	2 cupfuls

Method of cooking.—Boil the ham slowly for one hour, then allow it to cool. Add the onion (minced), sugar and sherry and bake for two and one-half hours.

CHICKEN A LA KING

[By MRS. S. F. GACHES]

Mushrooms (canned or fresh)	1 cupful
Green pepper (chopped fine)	1
Flour	2 level tablespoonfuls
Salt	½ teaspoonful
Cooked chicken	3 cupfuls
Butter	¼ cupful
Butter (extra)	2 tablespoonfuls
Eggs (yolks)	3
Onion juice	1 teaspoonful
Lemon juice	1 tablespoonful
Paprika	½ teaspoonful

Method of preparing.—Melt the two tablespoonfuls of butter and in it put the mushrooms. If canned ones are used, drain them. Add the chopped pepper. After three or four minutes add the flour and salt and stir until the sauce boils. (Set it over hot water.) Add the diced, cooked chicken, cover and let stand to become hot. Cream the butter (one-quarter cupful), beat in the yolks of the eggs, add the onion and lemon juice, then the paprika, and stir into the first mixture. Continue the stirring until the eggs are set. Sherry wine may be added to the mixture. Serve on hot toast.

"The fate of nations depends upon how they are fed."

CHICKEN A LA PALMER

[By Mrs. S. D. Rowlands]

Chicken	1
Onion (large)	1
Flour	1 large tablespoonful
Curry powder	1 tablespoonful
Soup stock or water	1 cupful
Strained tomatoes	1 cupful
Hot milk	1 cupful
Salt Pepper	to season
Butter	enough to brown chicken and onion
Sugar	1 teaspoonful

Method of preparing.—Joint the chicken, wipe clean, season with salt and pepper and dredge with flour; brown lightly in butter, then put into a stewpan. Fry the onion, sliced, in butter. Mix the salt, sugar, flour and curry powder together and brown in the butter. Add the stock or water to it slowly and the tomatoes. Pour over the chicken and simmer one hour or until tender. Just before serving, add the cupful of hot milk. Let boil up for one minute, then serve with a border of rice.

CHICKEN CASSEROLE

[By Mrs. Louis McCall]

Fat chicken	1
Salt Pepper	to season
Butter or olive oil	1 tablespoonful
Onion (average size)	1
Green peppers	3
Canned tomatoes	1 can
Macaroni (cooked)	quantity desired
Grated cheese	enough to cover

Method of preparing.—Cut the chicken in pieces as for frying and lay them on the bottom of a casserole or an old-fashioned bean pot. Dust with salt and pepper. Put the butter or olive oil into a frying pan and in it fry the onion, which has been minced and the peppers, which have been seeded and sliced. Fry both onion and peppers until tender but not brown. Add the solid portion of the can of tomatoes and cook until it boils, then pour over the chicken. Put the macaroni, which has been boiled for twenty minutes in salted water, over the top of the mixture and cover with cheese. Cover the casserole or bean pot and cook from one to two hours, according to the age of the chicken. Cooking too long will not destroy the flavor as the dish is covered. The long cooking will only make the meat softer.

NOTE.—Squabs or wild doves may be used in place of chicken, but chicken is best. This is a meal in itself without the addition of anything else. It may be varied by adding sherry, corn, beans, okra, or any vegetable that cooks well with chicken.

CHICKEN IN CASSEROLE

[By MRS. A. J. GRANT]

Chicken (medium sized)	1
Mushrooms	1 can
Carrot	1
Onion	1
Celery	1 stalk
Parsley (chopped)	1 tablespoonful
Salt	1 teaspoonful
Pepper	½ teaspoonful
Beef extract	1 teaspoonful
Flour	1 tablespoonful
Boiling water	2 cupfuls

Method of preparing.—Clean and cut up chicken, cook in small quantity of water until tender. Melt butter in frying pan, add vegetables chopped fine, cook five minutes, then add the flour. Dissolve beef extract in the boiling water, add the seasoning, pour into the frying pan and cook for five minutes. Put chicken in casserole, dredge with flour, dust with salt and pepper and pour contents of the frying pan over it. Place in oven and cook until the chicken is thoroughly browned. Remove from oven, cover and serve in casserole.

CHICKEN CROQUETTES

[By MRS. S. F. GACHES]

Chicken	1 (weighing 4½ pounds)
Milk	½ pint
Butter	2 tablespoonfuls
Flour	4 level tablespoonfuls
Salt	2 teaspoonfuls
Onion juice	2 teaspoonfuls
Chopped parsley	2 tablespoonfuls
Grated nutmeg	1 saltspoonful
White pepper	1 saltspoonful
Cayenne	a dash of

Method of preparing.—Clean the chicken well, put it into boiling water, boil it rapidly for ten minutes and let it simmer until tender. When cold, remove the meat, rejecting the bones and skin. Chop the meat with a chopping knife (do not put through a grinder). When fine, add the seasoning and mix thoroughly. Put the milk in a saucepan over the fire and add the butter and flour, rubbed together. Stir and cook to a smooth paste, add the chicken, mix thoroughly and turn out to cool. When cold, form into croquettes, dip them into an egg beaten with a tablespoonful of water, roll in dry breadcrumbs and fry in deep hot fat. These may be served with French peas. This quantity will serve ten people.

CHICKEN CROQUETTES

[By MRS. A. J. GRANT]

Chicken (chopped, cold)	2 cupfuls
Walnut meats (chopped)	½ cupful
Salt	¼ teaspoonful
Celery salt	¼ teaspoonful
Cayenne pepper Nutmeg	few grains
Lemon juice	1 teaspoonful
Onion juice	few drops
Chopped parsley	1 teaspoonful
White sauce (thick)	1 cupful

Method of preparing.—Mix ingredients in the order given and mold into cork-shaped croquettes, using a heaping tablespoonful of the mixture for each croquette. Roll in crumbs, dip in egg slightly beaten, roll again in crumbs and fry in deep fat hot enough to brown a piece of bread in forty counts and drain on brown paper. Serve with any sauce desired.

CHICKEN GUMBO

[By Mrs. Louis McCall]

Chicken (spring)	1
Ham (slice)	1 (small)
Bacon grease	1 heaping tablespoonful
Onion	1
Okra	1 quart
Tomatoes	2
Flour	1 teaspoonful
Bay leaf	1
Salt and pepper	to taste

Method of preparing.—Cut up chicken in small pieces, also the ham. Put into a pot with a tablespoonful of hot bacon grease; when fried, add flour, which has been browned, then add tomatoes. Cover the whole with water and let simmer another hour, then add okra (cut round and thin), onion and bay leaf and simmer another hour. Serve with molded, dry cooked rice.

Note.—This is a famous New Orleans dish. Some add chili peppers and many substitute crabs or shrimps for chicken.

CHICKEN ROYAL

[By Mrs. H. Eugene Stafford]

Chicken fillets	6 chickens
Butter	½ pound
Mushrooms Truffles	quantity desired
Salt Pepper	to season

Method of preparing.—Remove the fillets from the chickens as follows: First slit the skin on the center of the breast in a straight line, so that by folding it down on both sides the fillets will be left bare. Next, draw the point of a knife along the edge of the breast bone, cut through the center of the wishbone and then remove the fillets by dividing from the breast and ribs, carefully running the point of the knife close to the bones while holding each fillet up by the fingers of the left hand so as to prevent the knife from injuring it. After the fillets are removed, draw out the sinews that run along inside, being careful not to tear the meat.

Now stud the fillets with truffles, cut in little strips, using a fine larding needle. Arrange them very carefully, according to their shape, side by side in a pan. Melt the butter and when cool pour over the fillets and set them in a cool place (*not in the ice-box*) for three or four hours. Cover with pieces of buttered paper. When time to serve, set the pan on the stove and cook from eight to ten minutes or until the fillets become white and set on one side, then turn at once on the other. Be careful that the fire is not too hot because the fillets must remain white. Pour off the butter, arrange the fillets on a platter in a border, one overlapping the other, then heap, in the center, mushrooms heated in a little butter and seasoned with salt and white pepper. Serve as a luncheon dish or as an entrée for dinner.

CHICKEN-TERRAPIN PATTIES

[By Mrs. Charles F. Massey]

Hard boiled eggs	3
Flour	5 tablespoonfuls
Mustard	1 teaspoonful
Salt	1¼ teaspoonfuls
White pepper	½ teaspoonful
Melted butter	3 tablespoonfuls
Scalded milk	2 cupfuls
Cooked chicken	1½ cupfuls
Pimiento	1 tablespoonful
Green pepper	1 tablespoonful
Ripe olives	2 tablespoonfuls
Lemon	Juice of 1

Method of preparing.—Mash the egg yolks, add the flour, seasonings and melted butter. When smooth add slowly the scalded milk, stir and cook until thick. Add the remaining ingredients, first chopping fine the egg whites, the green pepper, pimiento and olives. Serve very hot in patty shells which have been reheated in the oven.

CORNED BEEF HASH

[By Mrs. S. F. Gaches]

Meat	1 cupful
Potatoes	1 cupful
Salt	to taste
Pepper	1 saltspoonful
Butter	1 tablespoonful
Hot water	amount necessary

Method of preparing.—Remove the gristle and the skin from the meat, chop the meat fine, add hot mashed potatoes, or cold potatoes chopped fine; add the seasoning. Cover the bottom of a pan with hot water, melt the butter in it and add the hash. Let it simmer until it absorbs the water and is covered with a brown crust. Fold like an omelet.

CREAMED CHICKEN

[By Mrs. Louis McCall]

Chicken (diced)	2 cupfuls
Butter	1 tablespoonful
Flour	1 tablespoonful
Cream	2 cupfuls
Egg (yolks of)	2
Salt	¼ teaspoonful
Tabasco	2 dashes
Onion juce	2 level teaspoonfuls
White pepper	⅛ teaspoonful
Celery salt	a dash
French mushrooms	1 can
Peas	1 can
Red bell peppers	2

Method of preparing.—Boil chicken until well cooked, then drain on a board and when dry, dice. Cream butter and flour together and put in double boiler; add cream gradually, the beaten yolks of the eggs, then salt, tabasco, onion juice and white pepper. When thick, add chicken. In another boiler mix the mushrooms, peas and bell peppers and cook until tender. After mixing the two, serve immediately.

DRIED BEEF

[By Mrs. S. F. Gaches]

Butter	2 tablespoonfuls
Chipped beef	½ pound
Milk	1 cupful
Flour	1 tablespoonful
Egg (well beaten)	1

Method of preparing.—Melt the butter in a saucepan, add the chipped beef and cook until the edges curl. Add the milk, when hot stir in the flour which has been mixed with a little cold milk, then add the beaten egg and serve at once.

FILLETS OF PORK

[By Mrs. O. Ranft]

Fillets of pork	2
Tomatoes	6
Capers in vinegar	1 small jar
Sour cream	1 large cupful
Butter	enough to brown the fillets
Flour	1 teaspoonful
Salt	to season

Method of preparing.—Brown the butter in a roasting pan, sprinkle the fillets with salt, put them in the roasting pan with the browned butter and put the pan in a hot oven. Let them cook in the oven for one-half hour, turning them over several times and basting frequently with the juice in the pan. Meanwhile cook the tomatoes in a little water; when done, add the flour and stir until thickened, then strain into a saucepan. Add the sour cream and the capers in vinegar and bring to the boiling point, then add the pork fillets and braise for about one hour until tender.

Note.—This quantity will serve three people. If sour cream is not available, use sweet cream and add a few drops of extract of vinegar, stirring until the cream thickens.

FRIZZLED BEEF WITH POACHED EGGS

[By Mrs. A. J. Grant]

Beef (chopped fine)	½ pound
Milk	1 cupful
Butter	1 tablespoonful
Flour	1 tablespoonful

Method of preparing.—Melt butter in saucepan, add the flour and stir to a paste, add the milk scalding hot and mix until creamy. Add the beef and stir for a few minutes. Turn into a platter and cover the top with poached eggs.

HAM CAKES

[By Mrs. F. O. Smolt]

Mashed potatoes	1 pint
Eggs	2
Ham (minced)	3 tablespoonfuls

Method of preparing.—Mix above ingredients and make into cakes; dip lightly in flour and fry a rich brown.

HAM AND CREAM JELLY

[By Mrs. Edwin Burke]

Granulated gelatine	1 tablespoonful
Hot water	½ cupful
Cold boiled ham (chopped)	2 cupfuls
Evaporated cream	1 cupful
Mixed mustard	1 teaspoonful
Cayenne pepper	a little

Method of preparing.—Dissolve the gelatine in the hot water and put it with the chopped ham. Season with the mustard and cayenne pepper, then add the evaporated cream and turn into a mold and chill.

This is especially good.

HAM-GRATIN

[By Mrs. O. Ranft]

Raw ham	1 pound
Butter	2 tablespoonfuls
Flour	1 teaspoonful
Onions (finely chopped)	2
Bay leaf	1
Nutmeg	a little
Potatoes	number necessary
Breadcrumbs	quantity necessary
Egg yolks	2
Milk	1½ cupfuls

Method of preparing.—Cut the raw ham into small pieces. Make a white sauce by melting the butter and when it bubbles, adding the flour, chopped onion, bay leaf, and nutmeg. Simmer until thoroughly blended, then add the milk which has been heated and stir thoroughly until free from lumps. Boil the potatoes in their jackets and when cool, peel and slice. Butter a baking dish, spread it with breadcrumbs, put in a layer of ham, then a layer of potatoes, then a layer of sauce and so on until the dish is full. Beat the egg yolks until light, mix them well with buttered breadcrumbs and spread over the top of the dish. Bake for one hour in a moderate oven. Serve with any kind of salad.

Carabao carting rice straw

NOTE.—This dish may be made from left-over cooked ham, in which case it will not require baking for an hour. One-half hour is sufficient.

HAM AND POTATO PIE

[BY MRS. A. J. GRANT]

Cream sauce	1 cupful
Potatoes (cold)	2 cupfuls
Ham (cooked, chopped)	1½ cupfuls
Dried breadcrumbs	½ cupful

Method of preparing.—Chop the ham coarse and cut potatoes into dice. Butter a baking dish, put in a layer of cold potatoes, then a layer of ham and pour over it half of the cream sauce. Cover with another layer of potatoes and ham and pour in the remainder of cream sauce. Cover with breadcrumbs and bake until browned, for about twenty minutes.

HASEN-PFEFFER

(STEWED HARE OR RABBIT)

[By MRS. O. RANFT]

Hare or rabbit	1 (small)
Vinegar	1 pint
Onions (sliced)	3
Whole peppercorns	36
Cloves	10
Bay leaves	4
Butter	enough to brown the meat
Celery	several stalks
Tomato (large)	1
Claret	2 glassfuls
Browned flour	enough to thicken the gravy

Method of preparing.—Clean the hare or rabbit, skin it and cut up the meat into medium-sized pieces; then put them, including the cleaned liver, into a stone crock. Put the vinegar, sliced onions, peppercorns, cloves, and bay leaves into a saucepan, set over the fire and boil for five minutes, then pour over the prepared meat. Let it cool, cover the crock well and set in the ice-box for twenty-four hours. The following day brown some butter in a stewing kettle, put in the pieces of rabbit meat and brown them first on one side, then on the other. When both sides are nicely browned, add the pickled mixture which has been brought to the boiling point, also the celery (cleaned and cut into fine pieces), the tomato and the claret. Simmer for about three hours. When done, remove the meat, strain the gravy and put it back into the kettle and thicken it with browned flour. After the gravy is thickened, put the meat (including the liver) back into it and keep hot until ready to serve.

NOTE.—For browned flour, put butter and flour into a saucepan, place over the fire and stir constantly. When dark brown, the flour is cooked sufficiently.

MARROW BONES

[By MRS. CHARLES F. MASSEY]

Marrow bones, 3 inches thick	quantity desired
Toast points Parsley Salt	to season

Method of preparing.—Have the butcher cut the marrow bones three inches thick, one for each person to be served. Scrape the sides perfectly clean. Put them in a hot oven for six minutes. Salt and send to the table at once. Garnish with parsley and serve with toast points.

MEAT PIE

[By Mrs. A. J. Grant]

Veal kidneys	3
Bottom round steak	2 pounds
Onions	6
Flour	½ cuful
Salt	2 teaspoonfuls
Pepper	¼ teaspoonful
Rich biscuit dough	as necessary

Method of preparing.—Remove fat and strings from kidneys and let the latter stand in salted water for ten minutes, then cut in dice. Dice the steak and mince the onions. Put the meat and kidneys, mixed with the onions and seasoning, into a well oiled earthenware dish; sprinkle with flour and stir it in. Barely cover with boiling water and then cover with the biscuit dough, allowing it to seal the edges of the dish thoroughly. Set in hot oven for a few minutes and then reduce the heat, cooking the pie in a very slow oven for two and a half hours.

MINCED MEAT WITH JELLY SAUCE

[By Mrs. Charles F. Massey]

Chopped cooked mutton, or shredded ham	1 cupful
Butter	¼ tablespoonful
Currant jelly	½ cupful
Cayenne pepper	few grains

Method of preparing—Put the butter and currant jelly into a chafing dish. As soon as melted add the pepper and meat and simmer for five minutes, then serve.

A tamaraw

MOCK BIRDS

[By Mrs. Charles F. Massey]

Veal steak	quantity desired
Bread dressing, or	
Chopped boiled ham	
Butter or other fat	small lump
Chopped parsley	to season
Chopped onion	
Salt	
Pepper	
Soup stock	a little
Sour cream	1 cupful

Method of preparing.—Have the veal steak cut thin, three by five inches in size. Spread with any desired bread dressing or fill with chopped boiled ham, a small lump of butter or other fat, salt, pepper, chopped parsley and chopped onion. Make little rolls of the veal and tie or pin them with a tooth-pick. Roll in flour and brown well in hot fat. Add a little soup stock and cook until tender. Shortly before serving add a cupful of sour cream.

MOCK CHOP SUEY

[By Mrs. A. J. Grant]

Cold roast pork or veal (diced)	2 cupfuls
Celery (diced)	1 cupful
Onion (diced)	1 (large)
Gravy or slightly thickened stock	1 cupful
Curry powder	to taste
Salt and paprika	
Button mushrooms (sliced)	1 can
Butter	4 tablespoonfuls
Boiled rice	quantity desired

Method of preparing.—Fry celery and onions in the butter till tender, about thirty minutes, then add the gravy and season as needed with salt, paprika, and curry powder. The amount of curry used depends on its strength. Cook together for a few minutes, then add the meat and mushrooms. Serve around a mold of hot boiled rice. Fried noodles may be served with this dish.

SOUR POT ROAST

[By Mrs. Charles Maxwell Colton]

Beef	about 4½ pounds
Vinegar	as needed
Cold water	
Peppercorns	12
Whole cloves	6 or 8
Bay leaves	1 or 2 (according to strength)
Onions	2
Crisco	2 tablespoonfuls
Flour	2 tablespoonfuls
Strong beef stock	1 cupful (or little more)
Salt	½ teaspoonful

Method of preparing.—Have the beef cut in a square piece, not flat. Put it into a large bowl and cover with vinegar unless the vinegar is strong, in which case use half vinegar and half water. Add peppercorns, whole cloves, bay leaves (broken into small pieces), one onion cut into eighths and the salt. Let stand from two to three days, turning the meat every morning and evening. When ready to cook, brown one onion, cut very fine, in two tablespoonfuls of crisco. When the onion is brown add two tablespoonfuls of flour and brown. Then add about half the vinegar mixture in which the beef has been soaking, also strong beef stock (or, if preferred, add a large tablespoonful of beef extract dissolved in one cupful of hot water). Stir well, put into a large saucepan, add the meat,

"Rapid" transit in the provinces

cover and cook slowly for about three hours. If the gravy gets too thick during the cooking, add some of the remaining vinegar in which the meat was soaked. If liked, add two teaspoonfuls of sugar. Before serving, strain the gravy.

SPANISH STEAK

[By Mrs. A. J. Grant]

Sirloin steak	2 pounds
Onion (chopped)	½ cupful
Green peppers (chopped)	½ cupful
Tomatoes (chopped)	¾ cupful
Butter	1 tablespoonful
Salt and pepper	to taste

Method of preparing.—Steak should be cut about three-fourths of an inch thick. Heat a heavy frying pan till very hot, put in the steak and cook it, turning very often for about ten minutes. Salt when nearly done. In the meantime the butter should be melted, the vegetables added and cooked slowly till tender, about twenty minutes. Season to taste with salt and pepper and spread over meat.

STEAK A LA KIRKPATRICK

[By Mrs. John K. Pickering]

Porterhouse or sirloin steak	1
Tomatoes	1 can
Chopped garlic	2 cloves
Chopped parsley	as liked
Chopped onion	1 (medium size)
Bacon or salt pork	4 or 5 slices

Method of preparing.—Select a steak about two inches thick. Lay two or three pieces of bacon or salt pork on the bottom of a roasting pan, place the steak on these and sprinkle it with chopped garlic, chopped onion, chopped pork or bacon and chopped parsley. Place over this three slices of pork or bacon and pour three-quarters of a can of tomatoes over the whole. Bake for twenty minutes in a very hot oven. Lift the steak, with all the ingredients on top, to a very hot platter. Thicken the gravy remaining in the pan with the balance of tomatoes and flour. Pour over the steak and serve.

STEAK WITH WORCESTERSHIRE SAUCE

[By Mrs. A. J. Grant]

Bottom round steak	3 pounds
Worcestershire sauce	1 tablespoonful
Celery salt	½ teaspoonful
Suet	small piece
Salt	2 teaspoonfuls
Pepper	¼ teaspoonful
Mustard	¼ teaspoonful

Method of preparing.—Wipe the steak carefully, dust with salt and pepper, and rub in as much flour as it will take up. Fry out the suet, add the mustard and brown the steak: add a small amount of water and boil rapidly for five minutes, then reduce the heat and simmer for three hours. More water may be added if necessary while it is cooking. Just before serving add the celery salt and Worcestershire to the gravy which should be rich, thick, and very brown and should not need additional flour. Chopped mushrooms may be added to the sauce if desired.

STUFFED LAMB CHOPS

[By Mrs. John K. Pickering]

Lamb chops	as many as needed
Poultry dressing	as much as needed
Salt Pepper Onion juice	to season
Butter	as needed

Method of preparing.—Choose loin or rib chops, remove all superfluous fat and skin. Have the chops cut about one or one and a half inches thick. With a sharp pointed knife cut a pocket in each chop, inserting the knife from the outside edge of the chop to the bone. In this pocket put poultry dressing made with bread seasoned with salt, pepper, sage, thyme, and melted butter. Do not put too much dressing into the pocket. Put the chops into a pan that has been sprinkled with salt and pepper, bits of butter, and a few drops of onion juice. Sprinkle the chops with salt and

pepper, put them into a hot oven and bake from twenty to thirty minutes. Do not add any water to the pan. These chops can be served either with tomato sauce or regular meat sauce.

SUPPER CHICKEN

[By MRS. F. O. SMOLT]

Chicken (minced)	1 cupful (or less)
Cold boiled potatoes (diced)	1 cupful
Small cooked onions or peas	1 cupful
Salt, pepper, and paprika	to taste

Method of preparing.—Mix above ingredients with enough cream sauce to moisten well; heat in double boiler and just before serving pour into hot shallow dish, cover with crumbs, dot with butter and brown quickly in oven.

SWEETBREADS-TERRAPIN SAUCE

[By MRS. H. EUGENE STAFFORD]

Sweetbreads	quantity desired
Brown sauce	quantity desired
Salt Pepper	to season
Truffles (diced)	1 sherry glassful
Sherry	1 sherry glassful

Method of preparing.—Parboil the sweetbreads for twenty minutes and then drop into cold water to blanch; remove all fiber and pull into small parts. Make a rich brown sauce, put the sweetbreads into it and let simmer very slowly for about one hour; then season with salt and pepper, a sherry glassful of good sherry and a sherry glassful of diced truffles with enough of their liquor to fill the glass. Do not allow to boil after the seasoning has been added. Serve in ramekins or patties as an entrée.

SWEETBREADS A LA VINAIGRETTE

[By MARGUERITE WOLFSON]

Sweetbreads	1 pound
Butter	2 large tablespoonfuls
Chopped garlic	1 tablespoonful
Chopped parsley	1 tablespoonful
Soup stock	1 cupful
California white wine	1 cupful
Vinegar	2 tablespoonfuls
Black pepper and salt	to taste

Method of preparing.—Parboil sweetbreads and when cool, cut into pieces, not too small. Put butter into a frying pan, make it smoking brown and then add the garlic, parsley and soup stock. Stir in vinegar and wine, add salt and pepper and boil for ten minutes. Then put in the parboiled sweetbreads and cook until they begin to fall apart.

VALHALLA SAUSAGE

[By Mrs. E. Moffatt]

Hard boiled eggs	quantity desired
Fresh sausage meat	
Parsley	
Beaten egg	
Breadcrumbs	

Method of preparing.—Peel the hard boiled eggs and wrap each one up in enough of the sausage meat to form a thick covering. Mold into the form of a croquette, dip in beaten egg, then into breadcrumbs and fry in deep fat until the sausage meat is cooked sufficiently. Arrange the croquettes on a hot platter, first cutting each one in halves. Garnish with parsley.

Note.—This is a very nice luncheon dish served with baked potatoes.

VEAL LOAF

[By Mrs. Louis McCall]

Veal	about 1¼ pounds
Onion	1
Small red pepper	1
Cracker crumbs	1½ cupfuls
Eggs	2
Butter	1 teaspoonful
Salt	1 teaspoonful
Pepper	½ teaspoonful
Tomatoes	1 (1 lb.) can
Water	½ cupful

Method of preparing.—Grind the meat with the vegetables, add the melted butter, salt, pepper, one cupful of cracker crumbs, one well beaten egg and mix thoroughly. Mold into a loaf and place in a baking dish. Mix the other egg with the rest of the cracker crumbs, place thickly over the loaf pressing them down, then pour over the tomatoes. Be sure to have a thick coating of tomatoes.

on top and press them down into the loaf. Add half a cupful of water to the dish, with the tomato juice and baste often while baking. Serve with jelly.

VEAL STEW

[By Mrs. A. J. Grant]

Veal	1 pound
Butter	1 tablespoonful
Flour	1 tablespoonful
Water	1½ cupfuls
Salt	½ teaspoonful
Pepper	a dash
Onion	1 slice
Bay leaf	1

Method of preparing.—Cut veal into cubes and roll in flour. Put butter in a pan and when hot add the meat; stir constantly until browned. Dust with flour and mix. Add the water and stir, then add the salt, pepper, onion, and bay leaf, cover and simmer gently for an hour.

WARMED-OVER BEEF WITH POACHED EGGS

[By Mrs. A. J. Grant]

Cold roast beef or steak	2 cupfuls
Gravy or stock	1 cupful
Salt Pepper	to taste

Method of preparing.—Chop the meat coarse, season well and heat in the gravy or stock. Do not allow to boil, merely to come to a simmer. Serve on toast with a poached egg on top of each slice. If stock is used, thicken with a little flour.

VEGETABLES

VEGETARIAN VAGARIES

Many foods are medicinal as well as nutritious:

Onions supply certain desirable elements to the body, such as iron and lime. Green or raw onions contain vitamines. They promote sleep and digestion.

Turnips and *parsnips* contain an oily principle that accounts for their value as an aperient and diuretic.

Potatoes contain a drug called solanin which has diuretic properties.

Cabbage is rich in sulphur.

Spinach is a laxative and blood medicine.

Tomatoes stimulate the liver. Are rich in vitamines.

Carrots are said to be good for asthma.

Celery is a good for rheumatism and nervous dyspepsia.

Vegetables should be boiled briskly and should not be allowed to stand long after they are done as they become soggy and soft. Especially is this true of potatoes when boiled. As soon as they are finished boiling, the water should be drained off and the lid of the kettle partly opened so as to let off the steam and still keep the potatoes hot. It is best to cover them with a cloth while serving.

Vegetables that are grown *above* ground should not have salt added until they have almost finished boiling, while vegetables grown *underground,* such as beets, potatoes, etc., should have salt added at the beginning of the boiling.

TIME-TABLE FOR COOKING VEGETABLES

Potatoes	30 minutes
Rice	
Macaroni	
Canned tomatoes	
Beets (young)	30-40 minutes
Beets (old)	2-3 hours
Brussels sprouts	15-20 minutes
Cabbage (young)	20-30 minutes
Cabbage (old)	1-1¼ hours

Carrots	20-30 minutes
Cauliflower	
Celery	
Green corn (new)	
Asparagus	
Green peas (new)	
Parsnips	30-35 minutes
Lima beans (new)	20-25 minutes
Lima beans (old)	1-2 hours
String beans	25-60 minutes
Spinach	25-35 minutes

BAGUIO GREEN PEAS WITH MINT

[By Mrs. S. F. Gaches]

Green peas	any quantity
Mint	a small bunch
Onion	1 small one
Salt	enough to season
Sugar	1 teaspoonful to 1 pint of peas
Butter	2 ounces
Pepper	to season

Method of preparing.—Have the small onion and the mint tied in a bunch, add to the boiling water in which the green peas are being cooked and remove when the peas are done. Drain, add the butter, heat over the fire for a minute, tossing the peas about, then serve hot.

CABBAGE A LA FRANCAISE

[By Mrs. H. Eugene Stafford]

Cabbage	1 head
Butter	2 tablespoonfuls

Method of cooking.—Part the leaves of a head of cabbage and cook as cauliflower á la Francaise, only allow ten minutes for boiling.

CANDIED SWEET POTATOES

[By Mrs. S. F. Gaches]

Sweet potatoes	
Sugar	quantity necessary
Butter	
Salt	
Pepper	
Grated nutmeg	

Method of preparing.—Boil the sweet potatoes. Cool, peel and cut into thick slices. Make a syrup from native brown sugar and butter, season with salt, pepper and grated nutmeg, place a layer of the sweet potatoes in a buttered baking dish, pour some of the syrup over, then put in another layer of the potatoes and then more syrup and proceed in this way until the dish is full. Bake in a hot oven until brown and the syrup is thick and candied. (Marshmallows may be heaped on top and browned at the last.)

CAULIFLOWER Á LA FRANCAISE

[By Mrs. H. Eugene Stafford]

Cauliflower (large)	1
Butter	2 tablespoonfuls

Method of cooking.—Pick a large head of cauliflower in parts, remove small white leaves and throw into a saucepan containing plenty of violently boiling salted water. Cook for fifteen minutes. Melt two tablespoonfuls of butter in an aluminum or galvanized lined frying pan, toss in the cauliflower, cook for five minutes under a cover, and serve at once.

CAULIFLOWER SCALLOP

[By Mrs. Louis McCall]

White cauliflower	1 large head
Yolks of eggs	2
Cream	3 tablespoonfuls
Grated cheese	2 heaping tablespoonfuls
Melted butter	1 teaspoonful
Cayenne pepper	1 dash
Salt	⅛ teaspoonful

Method of preparing.—Boil the cauliflower in salted water until tender; then put it into a baking dish and pour over it a sauce made from the beaten egg yolks mixed with the cream, the grated cheese, butter, cayenne, and salt. Bake for five minutes until brown. Serve in the dish in which it is baked. This may be used as an entrée.

CORN FRITTERS

[By Mrs. H. W. Reynolds]

Melted butter	2 tablespoonfuls
Grated corn or canned corn	1 cupful
Salt	½ teaspoonful
Pepper	⅛ teaspoonful
Flour	2 tablespoonfuls
Baking powder	½ teaspoonful
Egg	1

Method of mixing.—Beat the egg well, add the corn, flour, baking powder and seasonings, mix into a thin batter, then fry in butter in small teaspoonfuls dropped from the spoon.

CORN PUDDING

[By Mrs. S. F. Gaches]

Canned corn (best brand)	1 can
Milk	½ cupful
Salt	½ teaspoonful
Pepper	1 saltspoonful
Sugar	1 teaspoonful
Paprika	1 saltspoonful
Butter	1 heaping teaspoonful
Eggs	1
Green pepper (large)	1

Method of mixing.—Beat the egg until light, add the milk, then add this to the corn which has been seasoned with the salt, pepper, sugar and paprika. Mince the green pepper, then sauté until tender in the butter. Add this to the mixture, pour into a buttered pudding dish and bake until browned over the top.

CORN SCALLOP

[By Mrs. Louis McCall]

Canned corn	1 can (1 pound)
Grated American cheese	½ cupful
Butter	1 teaspoonful
Cream	1 cupful
Yolk of egg	1

Method of mixing.—Mix all the ingredients together, put into a casserole and bake in a moderate oven until set.

CREAMED SPINACH

[By Mrs. E. Moffatt]

Spinach	1 quart (cooked)
Butter	2 tablespoonfuls
Milk	½ pint
Flour	1 teaspoonful
Paprika	½ teaspoonful
Salt	1 level teaspoonful

Method of preparing.—Carefully wash the spinach and place in a saucepan. Do not cover it with water, have barely enough water in the pan to keep it from burning. Let it steam about twenty minutes, then chop fine. There should be one quart. Put the butter into a frying pan, add the flour and stir until smooth and frothy, then add the milk seasoned with the salt and paprika. Add the spinach and let the mixture boil for about five minutes. Serve hot.

ESCALLOPED ONIONS

[By Mrs. S. F. Gaches]

Spanish onions (or any nice white onions)	quantity desired
Grated cheese	
Breadcrumbs	
White sauce	
Pepper	to taste
Sugar	
Salt	

Method of preparing.—Boil the onions until tender in water that is seasoned with salt and sugar. Drain and cut them in quarters, put them in a buttered baking dish, cover each layer with white sauce, grated cheese and buttered breadcrumbs. Proceed in this manner until the dish is full, then sprinkle the top with buttered crumbs and bake until uniformly brown.

FILLED CABBAGE

[By Mrs. Charles Maxwell Colton]

Beef (chopped fine)	about ¾ pound
Pork (chopped fine)	about ½ pound
Onion (large)	½
Crisco	1 large tablespoonful
Cabbage (not too hard)	1 head
Salt	to season
Pepper	

Method of preparing.—Cut the onion very fine and brown it in the crisco. Add the meat and fry very quickly, turning all the time for about five minutes. Add salt and pepper as desired. Select a cabbage that is not too hard so that the leaves may be easily opened up one by one without breaking them off. Put the meat mixture into the very center and then carefully close the leaves over it one by one again. Tie into a napkin and cook in boiling water until the cabbage is soft. Serve with cream sauce.

CREAM SAUCE

Butter	1 large cooking spoonful
Flour	1½ tablespoonfuls
Sugar	1 teaspoonful
Egg	1
Vinegar	1 large spoonful
Cabbage water	as desired
Milk	enough to thin

Method of mixing.—Melt the butter, remove pan from the fire and add the flour, beating until very smooth. Add the sugar. Beat the egg well and stir into the mixture. Then add the vinegar and some of the water in which the cabbage has been boiled and enough milk to thin the sauce. Place on the stove, let come to a boil, stirring all the time to keep it smooth.

Note.—This sauce may be used for chicken, in which case use chicken stock instead of cabbage water. If desired, the vinegar may be omitted. Half a cupful of chopped almonds may be added, also parsley.

"Hunger is a good cook and won't give a month's notice."

GREEN CORN WAFFLES

[By Mrs. G. A. Cresap]

Flour	1¼ cupfuls
Baking powder	4½ teaspoonfuls
Salt	½ teaspoonful
Eggs	3
Green corn pulp	½ cupful
Cream	½ cupful
Melted shortening	1/3 cupful

Method of mixing.—Beat the yolks of the eggs until light-colored and thick. Add the green corn pulp, cream and melted shortening. Stir in the dry ingredients and fold in the whites of the eggs beaten to a stiff froth. Bake at once on a hot, well greased waffle iron.

HOT CABBAGE SLAW

[By Mrs. Charles Maxwell Colton]

Cabbage (small head)	1
Bay leaves	2
Vinegar	2 tablespoonfuls
Butter	2 tablespoonfuls
Water	a little
Salt	to season
Paprika	

Method of mixing.—Slice the cabbage fine and put it into a stewpan with a little water and the bay leaves. Cover tightly and allow to simmer for twenty minutes; then add salt, paprika, vinegar and butter. Boil for a few minutes longer and serve hot.

MONTEREY STUFFED BELL PEPPERS

[By Mrs. W. G. McVean]

Large sweet peppers	6
Hard boiled eggs	4
Grated cheese (Eastern cream cheese)	½ cupful

Method of preparing.—Cut off stem end of peppers large enough to use for caps and boil the peppers for five minutes. Take from water and stuff with mixture of chopped eggs and grated cheese. Put caps on with toothpicks. Make batter of one egg, flour, milk, and salt in which roll peppers, then fry them in a hot pan in olive oil. When brown, place on platter and pour over a sauce made of one sliced onion fried in butter, three or four ripe tomatoes, paprika, salt, and pepper. Serve hot.

OKRA AND TOMATO SUCCATOSH

[By Mrs. Louis McCall]

Bacon grease	1 tablespoonful
Sliced okra	1 pint cup
Tomato	½ pint cup
Salt	¼ teaspoonful
Pepper	¼ scant teaspoonful
Onion juice	1 teaspoonful

Method of preparing.—Put grease in saucepan, when hot add okra and brown just a little, then add tomatoes, salt, onion juice and just enough water to keep from burning. Simmer gently for half an hour. Five minutes before serving, add pepper.

POTATOES WITH CANNED SAUSAGES

[By Mrs. Charles Maxwell Colton]

Mashed potatoes	quantity desired
Steamed sausages	

Method of preparing.—Heap well-seasoned mashed potatoes in the center of a dish and surround with steamed sausages, pressing the sausages lengthwise into the potatoes.

POTATOES AND CHEESE

[By Mrs. Edwin Burke]

Irish potatoes	quantity desired
Grated cheese	
Salt	

Method of preparing.—Thoroughly wash the desired number of potatoes and roll in salt, then bake until done. Split each potato in two, sprinkle each half with grated cheese and return to the oven long enough to melt the cheese. Serve very hot.

POTATO O'BRIEN

[By Mrs. F. O. Smolt]

Potato cubes (boiled)	2 cupfuls
Butter	2 tablespoonfuls
Onion	1 large slice
Canned pimientos	2

Method of preparing.—Brown the onion and butter, remove onion and add pimientos, cut in small pieces and stir until well blended. Add potato cubes and serve with finely chopped parsley.

POTATO PUFF

[By Mrs. C. S. Salmon]

Cold mashed potatoes	2 cupfuls
Melted butter	1 tablespoonful
Eggs	2
Hot milk	1 cupful
Salt	a pinch

Method of preparing.—Beat eggs well, add the hot milk, salt, butter and potatoes. Mix thoroughly, pour into a greased baking dish and bake in a quick oven about three-fourths of an hour.

SCALLOPED POTATOES

[By Mrs. A. J. Grant]

Potatoes (sliced, cooked)	3 cupfuls
Eggs (hard boiled)	6
White sauce (well seasoned)	1½ cupfuls
Bacon	6 (strips)

Method of preparing.—Butter a baking dish and put in a layer of potatoes, cover with a layer of the eggs, sliced, then with one of potatoes and pour over the white sauce. Spread the bacon on top and bake in a hot oven until the bacon is crisp, about twenty minutes.

SOUTHERN CORN PUDDING

[By Mrs. Thomas A. Street]

Eggs	2
Corn	1 can
Milk	1½ cupfuls
Melted butter	1 tablespoonful
Salt	½ teaspoonful
Sugar	1 tablespoonful
Pepper	⅛ teaspoonful

Method of mixing.—Beat the eggs slightly, add the corn, milk, melted butter, salt, sugar and pepper. Mix thoroughly and bake slowly until set.

STEWED RED CABBAGE

[By Mrs. O. Ranft]

Red cabbage	1 head
Lard	2 tablespoonfuls
Onion (chopped fine)	1
Claret	2 glassfuls
Water	2 glassfuls
Apples	3
Caraway seeds	a few
Salt Sugar Vinegar	to season

Method of preparing.—Slice the cabbage very thin, removing the thick midribs. Peel and slice the apples. Chop the onion very fine. Put the lard into a saucepan and as soon as it melts, add the chopped onion. Let it simmer ten minutes, then pour over it the claret and water. When it reaches the boiling point, add the sliced cabbage. Five minutes afterwards add the apples and a few caraway seeds (according to taste). Cook gently for two hours, then season with salt, sugar and vinegar. Stew until tender. While cooking stir carefully and often, with a wooden spoon, if possible, to prevent burning. Serve hot with roast meat.

STUFFED BELL PEPPERS

[By Mrs. Louis McCall]

Peppers	6 large ones
Sweetbreads	about ¾ pound
Butter	1 teaspoonful
Flour	1 teaspoonful
Cream	4 teaspoonfuls
Salt and pepper	to season

Method of preparing.—Lay sweetbreads in cold water for an hour or two; change water several times, then boil them for fifteen minutes. Drop sweetbreads into cold water, skin them, then cut into dice and mix with the cream sauce. Soak peppers one-half hour in very cold salt water, remove all the seeds but one in each pepper; then stuff with the creamed sweetbreads. Bake about twenty minutes or until tender.

SWEET POTATO ROSES

[By Mrs. Louis McCall]

Creamy, hot mashed potatoes	2 cupfuls
Melted butter	2½ tablespoonfuls
Egg yolks	3
Sugar	1 tablespoonful

Method of preparing.—Add melted butter, the well beaten yolks of the eggs and sugar to the potatoes. Beat thoroughly and put into a pastry bag or into a cone of stiff paper. Force out through the end and form into roses on a board. Sprinkle with a little cream and nutmeg and brown in oven.

TOMATO TOAST

[By Mrs. E. Moffatt]

Oil	2 tablespoonfuls
Onion	1 to 2 tablespoonfuls
Flour	2 tablespoonfuls
Peanut butter	¼ cupful
Salt	1 teaspoonful
Paprika	a little
Tomatoes	3 cupfuls
Toast	as many slices as necessary

Method of preparing.—Heat the oil, brown the onions in it, first cutting them very fine, then add the flour, peanut butter, seasoning and tomatoes. Cook the mixture until it thickens and serve on squares of toast.

VEGETABLE ROAST

[By Mrs. Charles Maxwell Colton]

Carrots	2
Onions	2
Potatoes	2
Turnips	2
Breadcrumbs	1 cupful
Walnut meats	1 cupful
Oil	2 tablespoonfuls
Milk	½ cupful
Salt	to season
Eggs	2
Sage	to season
Paprika	a little
Tomato sauce	quantity desired

Method of preparing.—Put the carrots, onions, potatoes and turnips through the vegetable grinder with the breadcrumbs and walnut meats. Heat in a large frying pan the two tablespoonfuls of oil and fry the ground vegetables in it until light brown, slowly adding the milk, salt, paprika, sage and lastly, the eggs. Mix thoroughly, put into a buttered pan and bake for one hour, basting occasionally with the tomato sauce. Slice and serve while hot.

This roast is delicious when sliced, rolled in egg and cracker crumbs and fried. It can be served cold the next day.

Taal Volcano erupting

FRESH VEGETABLES

(Obtainable in the Manila markets)

Contributed by ELMER D. MERRILL
Director and Botanist, Bureau of Science, Manila, P. I.

At all seasons of the year fresh vegetables are available in Manila, but naturally in the rainy season the variety is restricted as compared with more favorable seasons. One can be quite independent of canned vegetables practically all the time and still have sufficient variety. Many of the so-called native vegetables are really excellent, such as *puso, bataw, patani, sitaw, kalamismis, patola, cancong*, etc., yet these being different in appearance from the common European and American vegetables, are usually passed by without a trial. Generally speaking, all native vegetables are perfectly safe to eat, as cooking destroys pathogenic bacteria and other organisms. Cucumbers, tomatoes, etc., which can be peeled or scalded, are perfectly safe. Lettuce and similar vegetables should *never* be eaten uncooked. The following vegetables are found in the Manila markets:

AMARGOSO OR AMPALAYA.

An elongated, slender, rather rough gourd with a little flavor. It is commonly used by the natives as a vegetable, but on account of its bitter flavor is usually combined with other foods. Can be had at all seasons.

ASPARAGUS BEAN. (Tagalog: *Seguidilla or kalamismis.*)

The young fruits scarcely look like beans, being square in cross section, and with four broad, longitudinal thin wings. The asparagus bean dressed as string beans forms a very excellent vegetable, scarcely surpassed by any bean. Available most of the year.

BANANA BUDS. (Tagalog: *Puso.*)

Banana buds are generally available in the local markets at all seasons. Boiled, they make an excellent vegetable. The cold boiled puso forms the basis of an excellent salad. In flavor this vegetable somewhat resembles the artichoke.

BEETS. (Spanish: *Remolachas.*)

Locally grown; also shipped down from Baguio to Manila markets.

BEET TOPS.

Used for greens. Can be had in good quantity during the winter months.

BREAD FRUIT. (Tagalog: *Rimas* and *kamansi.*)

There are two common varieties, the seedless (rimas) and the seeded one (kamansi). While utilized to a certain extent for food, the local varieties cannot be compared with the Polynesian ones. As a vegetable, the bread fruit is generally baked.

CABBAGE. (Spanish: *Repollo.*)

Locally grown; also shipped from Baguio to Manila markets. Imported from China and America.

RED CABBAGE.

Grown in Baguio and shipped to Manila.

CANCONG.

The vine is very closely allied to the sweet potato. The young tips and leaves make very excellent greens and are available in the market at all seasons.

CARROTS. (Spanish: *Zanahorias.*)

Locally grown by Chinese gardeners. Also grown in Baguio and shipped to Manila markets. Imported from America.

CELERY.

Grown in Baguio and shipped to Manila markets. It is excellent for vegetable and may be used for salads. Also imported from America. Chinese celery is grown locally by Chinese gardeners. It does not mature in Manila but can be used for flavoring soups, etc.

CONDOL.

A very large gourd, used chiefly for making preserves (candied condol).

CUCHAY.

This oriental onion, strongly resembling the leek, is commonly grown by Chinese gardeners. It is used chiefly for flavoring soups and other foods. Available at all seasons.

CUCUMBERS. (Spanish: *Pepino.*)

The cucumber is available at most seasons. It is utilized as a salad and is frequently stewed as a vegetable.

EGGPLANT. (Tagalog: *Talong.* Spanish: *Berenjena.*)

The eggplant is available in the Manila markets at all season of the year and is one of the most commonly used vegetables in the Philippines.

GARLIC. (Tagalog: *Bawang.* Spanish: *Ajo.*)

This is available in quantity at all seasons and is very commonly used for flavoring various foods and as an important ingredient in various Spanish and Chinese dishes.

GREEN CORN. (Spanish: *Maiz.*)

Generally available but mostly of the field type rather than sweet corn.

GINGER. (Tagalog: *Luya.* Spanish: *Jengibre.*)

Fresh ginger root is always available in the Manila markets, being grown locally.

HYACINTH BEAN. (Tagalog: *Bataw.*)

A bean with a rather wide, thin, often somewhat purplish pod, available at all seasons. Treated in quite the manner of string beans, *bataw* makes an excellent vegetable.

KOHL-RABI.

Grown in Baguio and shipped to Manila markets. Used like a turnip.

KOLITIS.

This forms the bulk of the pot-herb known to the Americans and Europeans in Manila as spinach, but it is not at all related to the true spinach. Kolitis is available at all seasons and makes excellent greens.

LETTUCE. (Spanish: *Lechuga.*)

Lettuce is generally available at all seasons, being grown locally. Green lettuce should not be eaten as its use is one of the most common methods of contracting various intestinal diseases. Cooked lettuce makes a very excellent pot-herb.

LIMA BEANS. (Tagalog: *Patani.*)

The dried white lima bean is imported and is available at all seasons. The locally grown variety known as *patani* makes a very excellent vegetable, closely comparable to the better varieties of the lima beans as grown in the United States. The beans are usually not so large and are usually somewhat colored. Available most of the year.

MUNG BEAN OR GREEN GRAM. (Spanish: *Mongos.*)

This small bean is used in its dried state and may be utilized in soups, stews or even as a vegetable. It is highly nutritious. Sprouted mung beans (locally known as "mungo") are available at all seasons and form an excellent vegetable and may be utilized as a salad.

MUSTARD. (Spanish: *Mostaza.*)

This is quite generally grown as a pot-herb and is available in the local markets.

OKRA OR GUMBO.

Locally grown, also grown in Baguio and shipped to Manila markets. Available during most months.

ONIONS. (Tagalog: *Sibuyas.* Spanish: *Cebollas.*)

Young onions are generally available at all seasons, being grown chiefly by Chinese gardeners. Imported onions are always available.

PARSLEY.

Locally grown. Also grown in Baguio and shipped to Manila markets.

PARSNIPS.

Grown in Baguio and shipped to Manila markets. Imported from America.

PATOLA.

There are two varieties, one with cylindric fruit and one with longitudinally ridged fruit. Both make an excellent vegetable when stewed. The old fruits are too tough to be used as food. Available at all seasons.

PEAS. (Spanish: *Chicharo.*)

A variety of the sugar pea is found in the local markets in the cooler months of the year. Prepared as string beans, *chicharo* makes a very excellent vegetable. (Pods are eaten as well as the peas.) Green peas are shipped from Baguio to the Manila markets and are very good.

COW PEA. (Tagalog: *Sitaw.*)

The *sitaw* is a very long, slender bean, the pods often from one to one and a half feet in length. Treated as string beans they form an excellent vegetable, in many respects resembling the string bean. The *sitaw* is available at most seasons.

PECHAY.

A form of mustard of Chinese origin. It is generally available at all seasons and is one of the most widely used and popular pot-herbs grown in the Philippines.

PEPPER. (Spanish: *Pimiento.*)

Green and red peppers are available at all seasons. They are generally utilized for food by stuffing them with chopped meats, etc. The common chilli pepper (*sili* in Tagalog) is used for condiments and is available at all seasons.

POTATOES.

Imported from America, China, and Japan. New potatoes are shipped from Baguio to the Manila markets. They are rather small but are very good and mealy.

RADISH. (Spanish: *Rabano.*)

The commonest variety of the radish is a very large white form of Chinese origin. It may be eaten raw or cooked. Stewed radish is commonly used as a vegetable among all classes. The small red "button" radish is locally grown and is also shipped from Baguio to the Manila markets.

SPINACH.

Is grown locally and is available at most seasons of the year. Is also shipped from Baguio to Manila markets.

SQUASH. (Tagalog: *Kalabasa.*)

The locally grown squash is excellent and is available at most seasons of the year. As a vegetable it is boiled or baked. Its use in making pies needs scarcely to be mentioned.

STRING BEANS. (Spanish: *Habichuelas.*)

The common garden bean is quite extensively grown by Chinese gardeners for the local markets, the local product being excellent. It is found in the markets from November to May.

SWEET POTATO. (Tagalog: *Kamote.*)

The sweet potato is available at all seasons. The old native varieties are rather inferior, but very excellent varieties of American origin are now commonly sold. These latter are frequently called yams. The tips of the vines and young leaves make excellent greens and are widely sold as such.

TARO. (Tagalog: *Gabi.*)

This is the staple food of certain Polynesian peoples, notably the Hawaiians. The starchy corn is very nutritious and is available at all seasons. It may be prepared by boiling or by baking. The texture is rather dry, and boiled or baked it is rather tasteless. Prepared by frying, or *au gratin*, it makes a tasty dish that is worthy of more extended use among foreigners. The young leaves of this plant are commonly cooked as greens.

TOMATO. (Tagalog: *Kamatis.*)

Locally grown. In fact it is grown all over the Islands in great abundance. Both green and ripe tomatoes are found in quantity in the Manila markets.

TURNIPS.

Shipped down from Baguio to the Manila markets. Also imported from America occasionally.

UPO.

Upo is the Tagalog name for a very large, smooth, pale-greenish gourd, generally available throughout the year. Commonly used as a vegetable.

WAX BEANS.

Grown locally, also shipped from Baguio to Manila markets.

YAM BEAN. (Tagalog: *Sinkamas.*)

The edible part of this plant is the turnip-like root which is very crisp and is distinctly refreshing. It is very cheap, and is available in large quantities from March to June. The fresh root cut into small pieces makes an attractive salad.

LARGE YAM. (Tagalog: *Ube.*)

A very large yam, generally available at most seasons. While rich in starch and correspondingly nutritious, it is not much utilized as a food. When cooked, it is dry and not particularly palatable. Available at all seasons.

SMALL YAM. Tagalog: (*Tungo* or *tugi.*)

A very excellent yam, but generally not particularly abundant in the local markets. Boiled or baked it makes an excellent vegetable corresponding to potatoes.

NOTE.—The *green papaya* fruit, stewed, makes an excellent vegetable. It is available at all seasons.

FRESH FRUITS

(Obtainable in the Manila markets)

Contributed by ELMER D. MERRILL
Director and Botanist, Bureau of Science, Manila, P. I.

APPLES.

Imported from America and China.

BANANAS.

There are very numerous varieties of bananas in the Philippines. In the Manila markets the commonest one is the *letondal,* with a thin, yellow skin and a sub-acid flavor. The best varieties are the *bungulan* (green), the *lacatan* (yellow), and the *morado* (brownish-purple). The best cooking banana is the *saba.*

BALIMBING AND KAMIAS.

These are two green, very acid fruits, the former star-shaped in cross section, the latter cylindric and resembling a small cucumber. The flavor of *balimbing* and *kamias* when cooked resembles gooseberries.

CASHEW. (Tagalog: *Kasoy.*)

A peculiarly shaped fruit, the small kidney shaped, seed-like fruit borne on a much larger, fleshy, edible basal portion. The cooked seeds are edible, while the fleshy basal part is edible uncooked. Not much used by foreigners.

CUSTARD APPLE. (Tagalog: *Anonas.*)

Similar to the soursop, but the fruit is smooth. Used like the soursop.

CUSTARD APPLE. (Tagalog: *Ates.*)

This is generally available in season and is commonly eaten. It does not in general appeal to the European taste although many consider it a fine fruit.

"A fruit diet for a few days has often brought great relief to brain workers."

DUHAT.

A dark-purple or nearly black, smooth, ellipsoid fruit, one and a half to two centimeters long, containing a single rather large seed. Abundant from April or May to June. The fruit is somewhat astringent unless fully ripe.

GRAPES.

Malaga type available in the winter months. Imported from Spain and California.

GRAPEFRUIT.

Imported from America. May be purchased in the Cold Stores and Chinese grocery stores.

GUAVAS. (Tagalog: *Bayabas.*)

The guava is chiefly used for making jelly, but fully matured fruits are really excellent for eating. Abundant and very cheap in season.

HOG PLUM. (Tagalog: *Siniguelas;* Spanish: *Ciruela.*)

A nearly round, purplish fruit, about two and one-half centimeters long, with a thin, smooth skin, rather scanty pulp, and very large seed. The flavor of the fully ripe fruit is excellent. Abundant in the markets from April to June.

JACKFRUIT. (Tagalog: *Lanka* or *nanka.*)

This very large fruit is abundant in season. It may be utilized raw, and makes excellent preserves.

LANZONES.

An ellipsoid, pale-yellowish fruit, about three centimeters long with a thin, tough skin and a juicy, translucent, subacid pulp. Lanzones are in the local markets in great quantity from August to November and are one of the most highly prized fruits of the Philippines. Make an excellent fruit salad.

LEMONS.

Imported from America. A few native lemons can be found in the markets occasionally.

LIMES.

Small, very juicy limes can be found in the local markets at all seasons of the year.

MABOLO.

This is the fruit of the camagon tree. Its large size and peachy-like exterior make it a very attractive fruit. The flesh is rather dry and with no pronounced flavor.

MALAY APPLES. (Tagalog: *Makopa* and *tampoy*.)

These are rather attractive but insipid fruits, fleshy. white to pink or red in color, but with little consistency and flavor.

MANGO.

The mango is too well known to need describing. The Philippine varieties are most excellent, scarcely surpassed in any tropical country. Green mangoes make excellent sauce and pies. Ripe mangoes make excellent ice creams and sherbets.

MANGOSTEENS.

Imported from Indo-China. Also grown in small quantities in Jolo.

CHINESE PERSIMMONS.

Imported from China.

MELON. (Spanish: *Melón*)

Two or three varieties of the common melon appear in the markets in quantity from March to May. Some of them are distinctly good, especially the form known as *melón español.* This is a variety of musk melon.

ORANGES.

There are two varieties of native oranges found in the local markets: One, called *naranjita*, a loose-skinned orange grown in Batangas, large quantities being shipped to the Manila markets; and *kahel*, a tight skinned, sour orange. Fine oranges are also imported from California and China. The Chinese orange is particularly good, being thin skinned and very juicy.

POMELOS. (Tagalog: *Lukban*, *suha*.)

The native pomelo is rather dry, but can be used in salads to very good advantage. Large, delicious, juicy pomelos are imported from China in the late Fall months and can be purchased in all Chinese grocery stores.

PAPAYA.

Very excellent varieties of the papaya are available at all seasons of the year. The old native type, usually small, is inferior; but these are now to a great extent replaced by large, finely flavored types of Hawaiian origin. Green papaya, stewed, makes an excellent vegetable. Stewed with a little lemon juice and if liked, flavored with a little nutmeg or cinnamon, it is an excellent substitute for apple sauce. Many people eating it for the first time are very apt to think they are eating apple sauce.

PINEAPPLES. (Spanish: *Piña*)

This excellent fruit is generally available in quantities in season, chiefly April to July. The native variety is rather inferior but very excellent varieties of Hawaiian origin are becoming common.

RHUBARB. (Spanish: *Ruibarbo.*)

Grown in Baguio and shipped to the Manila markets. Not as good as the American or European varieties but makes very fair sauce and pies.

SANTOL.

A pale-yellowish globose fruit, five to six centimeters in diameter. This is found in the local markets in great abundance from May to August. It is extensively used by the natives and deserves more general utilization by foreigners. The outer parts of the fruit, stewed, make an excellent sauce.

SAPOLLIDA. (Tagalog: *Chico.*)

A brown, ovoid to subglobose fruit, usually about five centimeters long. Very popular and available at most seasons.

SOURSOP. (Tagalog: *Guayabano.*)

This fruit, of American origin, is fairly common, the ovoid fruit being up to eighteen centimeters long, with scattered, soft, spinelike processes. It makes a very excellent sherbet.

TAMARIND. (Tagalog: *Sampalok.* Spanish: *Tamarindo.*)

The tamarind is found in most parts of the Philippines as in all tropical countries. The fruits are very acid, and are distinctly healthful. Tamarind jelly has an excellent flavor.

WATERMELON. (Tagalog: *Pakwan.* Spanish: *Sandia.*)

Watermelons of fair size are found in the local markets from March to May.

CHINESE PEARS.

Imported from China. Good only for stewing, with the addition of guava or lemon juice.

Chinese dried figs may also be found in the local markets. They are very nice when stewed.

NUTS

(Obtainable in the Manila markets)

COCONUTS. (Tagalog: *Niyog.*)

The coconut is too well known to need description. The fresh meat is utilized for food in numerous ways, both raw and cooked. Available all the year round.

PEANUTS. (Tagalog: *Mani.*)

The peanut is available at all seasons, both, locally grown and imported from China.

PILI NUTS.

One of the very finest nuts found in any country. Pili nuts can be made into very excellent candies. They are more generally prepared and served like salted peanuts.

ALMONDS, BRAZIL NUTS, FILBERTS, HAZELNUTS, WALNUTS.

Imported. Available at all seasons of the year.

SALADS

BANANA AND PEANUT SALAD

[By Mrs. Louis McCall]

Nice firm bananas	quantity desired
White of egg	
Peanuts	
Lettuce	
Mayonnaise	

Method of making.—Peel as many nice, firm, ripe bananas as there are people to be served. Cut each banana lengthwise, then crosswise, dip each piece in white of egg, then roll in chopped crisp peanuts. Arrange on a bed of lettuce in the form of a log cabin. On the top of each serving place a plume of crips celery.

Note.—The peanuts must be chopped very fine. Serve with mayonnaise.

BOBOTEE SALAD

(Luncheon or supper salad)

[By Mrs. H. Eugene Stafford]

Chopped chicken	½ pint
Almonds	¼ pound
Curry powder	1 teaspoonful
Salt	½ teaspoonful
Olive oil	6 tablespoonfuls
Onion	½
Spanish red chilli	1
Chicory	1 head
Soy	1 teaspoonful
Tarragon vinegar	2 tablespoonfuls

Method of mixing.—Blanch and chop the almonds. Shred the onion and chilli, then mix chicken, almonds, onion, and chilli together. Add the curry powder and salt, toss all together well, add the oil mixed with the soy and toss again, then add the vinegar and toss once more. Serve garnished with sliced beets or bananas.

CABBAGE AND COCONUT SALAD

[By MRS. S. F. GACHES]

Cabbage	½ head medium size
Shredded fresh coconut	½
Green peppers	2
Salt	1 saltspoonful
Pepper	1 saltspoonful
Sugar	1 teaspoonful
Cream French dressing	quantity necessary

Method of mixing.—Shave the cabbage fine, add the shredded coconut. Chop the peppers fine, add the salt, pepper and sugar. Mix all together in a salad bowl with the cream French dressing. Fill green peppers with the mixture, garnish with the dressing, green peppers and pimientos cut in fancy shapes. Place on lettuce leaves and serve cold.

CARROT SALAD

[By MRS. E. MOFFAT]

Carrots (medium size)	4
English walnuts	½ cupful
Mint leaves	a few
Lettuce	quantity desired
Mayonnaise	as necessary

Method of mixing.—Peel and grate the raw carrots; grind the walnuts and mix with the grated carrots. Add the mint leaves and serve on crisp lettuce leaves with mayonnaise dressing.

CHERRY SALAD

[By MRS. S. D. ROWLANDS]

Royal Anne cherries	1 can
Sugar	1 cupful
Gelatine	1 package
Orange juice	1 cupful
Lemon juice	1 tablespoonful
Nuts	as many as needed

Method of mixing.—Pour the juice from the cherries, add the sugar and let come to a boil. Soak the gelatine in the orange and lemon juice. Pit the cherries and stuff them with the nuts. Stir the soaked gelatine into the hot cherry juice and sugar and while still hot pour over the

"Taste is a matter of education. Let us educate ourselves to like the things that are good for us."

stuffed cherries. Pour into individual molds and serve with mayonnaise diluted with whipped cream.

CREAM OF CHICKEN SALAD

(Luncheon or supper salad)

[By MRS. H. EUGENE STAFFORD]

Chopped cooked chicken (white meat)	1 pint
Salt	1 level teaspoonful
Onion juice	1 teaspoonful
Lemon	½
Aspic jelly	½ cupful
Lettuce	2 heads
Almonds	12
Paprika or pepper	1 saltspoonful
Mayonnaise	6 tablespoonfuls
Thick cream	½ pint
Celery	1 head

In the bamboo jungle

Method of mixing.—Chop the white meat of the chicken fine, put it into a bowl and rub with the back of a spoon. Then add the almonds which have been blanched, dried, and chopped, then the salt, pepper or paprika, onion juice, lemon juice and mayonnaise.

Aspic jelly.—Put a teaspoonful of gelatine into a cup with two tablespoonfuls of cold water, stir and allow to stand for five minutes. Then add one-half cupful of hot stock or water, stir for a moment and strain into the chicken mixture.

When the chicken mixture is cool, stir in the cream that has been whipped to a stiff froth, put into a border mold and let stand for at least two hours. When ready to serve, cover a salad dish with lettuce leaves, turn the salad out onto the lettuce, chop the celery, mix with one-half pint of mayonnaise and heap in the center of the mold.

CUCUMBER SALAD

[By Mrs. S. F. Gaches]

Cucumbers (young)	2
Onion (juice of)	1
Celery (diced)	1 cupful
Pecan nut meats (broken)	½ cupful
Salt	1 saltspoonful
Lettuce	to garnish
French dressing	quantity needed

Method of mixing.—Slice the young cucumbers, add the salt, onion juice, celery and nut meats and mix with the dressing. Chill and serve in pepper baskets or on lettuce leaves.

EGG AND BEET SALAD

(Summer luncheon or supper salad)

[By Mrs. H. Eugene Stafford]

Beet (of good size or several slices of pickled beets)	1
Eggs	6
Pepper	½ saltspoonful
Salt	1 saltspoonful
Lemon	1
Mayonnaise	as needed

Method of mixing.—Chop the beet rather fine. Drop the eggs into a shallow pan of boiling water and poach them carefully. Lift them out of the water with a skimmer, lay them on a dish and sprinkle with lemon juice. Dust the beets with salt and pepper. When ready to serve, place each egg, which is now very cold and neatly trimmed, in the center of a nest of lettuce leaves, cover it with the chopped and seasoned beet and on the top put a teaspoonful of mayonnaise.

FROZEN FRUIT SALAD

[By Mrs. S. F. Gaches]

Canned pineapple	½ can
Canned cherries	½ can
Canned pears	½ can
Canned peaches	½ can
Oranges	1
Lemon juice	½ lemon
Grapefruit	¼
Mayonnaise	1 cupful
Whipped cream	1 cupful

Method of mixing.—Cut the fruit into dice. Mix fruit, lemon juice, mayonnaise and cream together. Freeze in an ice cream freezer, turning the crank slowly. Pack the frozen mixture into molds and let stand for an hour in ice and salt. Cut into slices and serve with fresh mint or lettuce leaves and French dressing.

Note.—This is a nice luncheon salad. The quantity called for in the recipe will serve fifteen or twenty people.

FROZEN PEAR SALAD

[By Mrs. Louis McCall]

Pears	1 can
Grated cheese Mayonnaise Lettuce	quantity desired

Method of mixing.—Put the pears into the freezer, cover with three parts ice to one part salt and let stand for five hours. Serve with grated cheese and mayonnaise. Garnish with lettuce.

This is nice for luncheon.

FRUIT SALAD

[By Mrs. A. J. Grant]

Orange (large)	1
Apple	1
Papaya (ripe)	½
Mango (ripe)	1
Pineapple	2 slices

Method of mixing.—Cut the fruit up into dice, mix all together, chill and serve with mayonnaise dressing. Sprinkle chopped walnuts on top. Canned pineapple and mango may be used instead of the fresh fruit.

GERMAN POTATO SALAD

[By Mrs. Simon Feldstein]

Potatoes	4 (medium)
Onion	1 (medium)
Bacon	4 slices
Vinegar	3 tablespoonfuls
Salt	to taste
Pepper	

Method of mixing.—Boil the potatoes and when they are tender remove from the fire and dice them, add the onion cut fine and the crisply fried bacon broken into pieces, then the vinegar, salt and pepper. Before the bacon is fried, soak it a few minutes in hot water. Mix the salad a few minutes before serving.

GRAPE FRUIT SALAD (New Style)

[By Mrs. S. F. Gaches]

Grapefruit	quantity needed
Bananas	
Apples (juicy and tart if possible)	
Mayonnaise dressing	

Method of mixing.—Cut the grapefruit in halves, remove the pulp carefully and mix it with half its measure of sliced, not too ripe, bananas. Grate the apples and beat them into the dressing and serve on the chilled fruit. If preferred for a fancy dinner course or a luncheon, the salad may be served in grapefruit shells.

GREEN PEPPER AND ASPARAGUS SALAD

[By Mrs. H. Eugene Stafford]

Green peppers	12
Asparagus tips	quantity necessary
Mayonnaise	

Method of mixing.—Cut off the tops and stems from one dozen green peppers, scoop out the seeds and drop the peppers into brisky boiling water to which one-quarter teaspoonful of cooking soda has been added. Cook, without a cover, for from five to seven minutes,—length of time depends upon the freshness of the peppers. Drain and set aside on a sieve with the open part down. Fill the centers with asparagus tips. Serve with mayonnaise sauce.

HERRING SALAD

[By Mrs. O. Ranft]

Herrings (flaked)	2
Cold boiled beef, veal or vension	twice the amount of flaked herrings, diced
Cold boiled beets, diced	same amount of each as of flaked herring
Cold boiled potatoes, diced	
Apple, diced	1 large
Yolks of hard boiled eggs	3
Whites of hard boiled eggs (chopped)	3
Raw yolks of eggs	2
French mustard	2 teaspoonfuls
Salad oil	2 tablespoonfuls
Tarragon vinegar	2 tablespoonfuls
Onion (grated)	1
Pepper and salt	to taste
Claret	2 tablespoonfuls

Method of mixing.—Freshen the herrings by soaking in cold water for three or four hours, changing the water several times during the soaking. Rub the yolks of the hard boiled eggs smooth with the raw yolks, the mustard, salt, and pepper. Stir well. Add the oil, little by little, then the vinegar and claret. Flake the herring meat and mix it with the diced beef (or veal or venison), potatoes, beets, and chopped whites of eggs. Stir in the salad dressing and blend thoroughly. Cover well and set aside in the ice-box for several hours before serving. Serve with bread and butter sandwiches and hot bouillon. This is an excellent supper dish.

Note.—If liked, chopped pickled cucumbers or dill pickles and capers may be added to the salad, or they may be used as a garnish alternated with slices of beets and hard boiled eggs.

LANZONES SALAD

[By Mrs. Louis McCall]

Lanzones	quantity desired
Raisins	
English walnuts	
Apples (diced)	
Mayonnaise	

Method of mixing.—Tear the lanzones into sections, being very careful not to get any of the bitter section with the large stone. Add as many raisins, walnuts, and pieces of diced apple as desired, and chill a little. Serve with mayonnaise.

LETTUCE AND RAISIN SALAD

[By Mrs. Louis McCall]

Seeded raisins	1 cupful
Lemon juice	½ cupful
Chopped apples	2 cupfuls
Lettuce (shredded)	2 cupfuls
Cream mayonnaise	1 cupful

Method of mixing.—Wash the raisins in distilled water and dry them thoroughly. Add them to the apples and lemon juice. Shred the lettuce rather coarse and line a bowl or plate with it, pile the raisins and apples in the center and cover with mayonnaise. (Shredded lettuce is a matter of taste.)

Serve with neufchatel cheese balls and garnish with pieces of red tart jelly.

PINEAPPLE SALAD

[By Edith M. Gideon]

Pineapple	quantity desired
Grated cheese	
Pimiento	
Mayonnaise	
Paprika	
Lettuce	

Method of mixing.—Place a slice of pineapple on lettuce leaves, put the grated cheese over it, add very thin strips of pimientos, mask with mayonnaise, and sprinkle with paprika.

PINEAPPLE-CHEESE SALAD

[By Mrs. Charles F. Massey]

Sliced pineapple	quantity desired
Lettuce	
Cream cheese	
Pimiento	
French dressing	

Method of mixing.—Put a slice of pineapple on a lettuce leaf for each serving. Place a ball of cream cheese on the pineapple. Garnish with pimiento, cover with French dressing and serve with crackers.

POTATO SALAD

[By Mrs. Simon Feldstein]

Potatoes	4
Eggs	2
Celery	½ cupful
Onion	1
Cooked dressing	quantity desired

Method of mixing.—Dice the potatoes, mince the eggs (hard-boiled), cut the celery fine, grate the onion and mix all together. Then add the cooked dressing made as follows:

Eggs	3
Vinegar	½ cupful
Sugar	1 teaspoonful
Mustard	1 teaspoonful
Butter	size of an egg
Salt	to season

Method of mixing.—Mix the mustard with a little of the vinegar, then beat the eggs well and put eggs, vinegar, sugar, mustard, and butter into a double boiler and cook to the consistency of cream. Remove from fire and add the salt. Mix with the potato salad a few minutes before serving.

Note.—To whiten potatoes while boiling, add a little cream.

PRUNE AND WALNUT SALAD

[By Mrs. A. J. Grant]

Prunes	quantity desired
Sugar	
Walnuts	

Method of mixing.—Wash prunes and soak in cold water for one hour, cook in the same water until tender, add a little sugar and cook five minutes longer. Take from stove and allow to cool in juice in which they were cooked. Put in ice-box until needed. Remove pits and replace with halves of walnuts; chill and serve with mayonnaise. Sprinkle some chopped walnuts on top.

SHRIMP AND TOMATO SALAD

[By MRS. LOUIS MCCALL]

Canned shrimps (or fresh ones equivalent to 1 can)	1 large can
Ripe tomatoes (large)	2
Onion (chopped)	1
Salt and pepper	to taste
Parsley	enough to garnish
French dressing	quantity desired

Method of mixing.—If fresh shrimps are used, boil them first in salted water. In either case (whether fresh or canned), pull the shrimps apart; scald and skin the tomatoes and cut into cubes; chop the onion fine. Arrange shrimp, tomato. and onion on salad plates, pour French dressing over the whole, and garnish with parsley. Serve very cold.

SUMMER SALAD

[By MRS. S. F. GACHES]

Tomatoes	6
Cucumbers	4
Mint	2 dozen sprigs
Garlic	1 clove
Lettuce French or Russian dressing	as needed

Method of mixing.—Slice the tomatoes after first scalding. Peel and slice young cucumbers, then place on the ice to chill. Rub the inside of a bowl with the garlic, put the tomatoes and the cucumbers in the bowl and stir around carefully so as not to break the tomatoes. Remove and place on lettuce leaves. Arrange the tomatoes around and pile the cucumbers in the center. Pour over the dressing and sprinkle with finely chopped mint.

TOMATO SALAD

[By Mrs. H. Eugene Stafford]

Tomatoes	12
Celery Mayonnaise	quantity desired

Method of mixing.—Scald and peel the tomatoes, scoop out the seeds and fill with finely cut celery mixed with mayonnaise. Diced apples may be used in place of celery.

WALNUT AND POTATO SALAD

[By Mrs. F. O. Smolt]

Cold boiled potatoes (diced)	6
Walnut meats	½ cupful
Green pepper (chopped)	½
Red beet (diced)	1
Pickles (small, chopped fine)	3
Celery (chopped)	½ cupful

Method of mixing.—Mix above ingredients with one cupful of thick boiled salad dressing. Chill for several hours and serve with any desired garnish.

Mileguas

SALAD DRESSING

BOILED DRESSING

[By Mrs. C. F. Hickerson Jr.]

Dry mustard	½ tablespoonful
Sugar	2 tablespoonfuls
Salt	½ teaspoonful
Flour	½ teaspoonful
Eggs	2
Melted butter	2½ tablespoonfuls
Milk	¾ cupful
Vinegar	¼ cupful

Method of mixing.—Beat the eggs well and add to the rest of the ingredients. Cook in a double boiler, stirring constantly until thickened.

COLD SLAW DRESSING

[By Mrs. S. F. Gaches]

Eggs	2
Butter	1 tablespoonful
Vinegar	3 large tablespoonfuls
Water	1 tablespoonful
Salt	½ teaspoonful
Sugar	1½ tablespoonfuls

Method of mixing.—Put the butter into a double boiler and when well melted add the vinegar, salt, and sugar. Let all get very hot and then add, very slowly, the well beaten eggs. Stir constantly until the mixture becomes of the consistency of heavy cream, then taste it. If not sweet enough, add a little more sugar; if not sour enough, add a little more vinegar. When finished, pour the dressing over finely sliced fresh cabbage. Do not place on the ice as this will harden the butter.

CONDENSED MILK SALAD DRESSING

[By Mrs. S. F. Gaches]

Paprika	¼ teaspoonful
Salt	1 teaspoonful
Mustard	1 teaspoonful
Eggs	3
Butter (melted)	¼ cupful
Vinegar	½ cupful
Condensed milk	1 can

Method of mixing.—Mix the paprika, salt, and mustard with part of the vinegar; add the butter, the remainder of the vinegar, then eggs well beaten and lastly the condensed milk. Beat all together well with an egg beater, chill thoroughly. It is then ready to serve.

COOKED DRESSING FOR COLD SLAW

[By Mrs. A. J. Grant]

Eggs (well beaten)	2
Sugar	2 tablespoonfuls
Vinegar	4 tablespoonfuls
Mustard	½ teaspoonful
Salt	½ teaspoonful
Butter	1 teaspoonful

Method of mixing.—Stir all together and cook over hot water until thick, stirring constantly while cooking. When cold add cream and beat until right consistency.

CREAM FRENCH DRESSING

[By Mrs. S. F. Gaches]

Olive oil	4 tablespoonfuls
Vinegar or lemon juice	2 tablespoonfuls
Salt	1 teaspoonful
Pepper	⅛ teaspoonful
Paprika	¼ teaspoonful
Heavy cream, fresh or canned	½ cupful

Method of mixing.—Shake first five ingredients together in a covered jar until well blended. Beat cream until it begins to thicken, then gradually add to it the French dressing.

FILIPINO DRESSING FOR COLD FISH

[By Mrs. S. F. Gaches]

Curry powder	½ teaspoonful
Onion salt	½ teaspoonful
Pepper	¼ teaspoonful
Olive oil	6 tablespoonfuls
Tarragon vinegar	1 tablespoonful
Garlic (juice)	1 clove

Method of mixing.—Mix curry powder, salt, and pepper thoroughly together. Add the oil, slowly, then, drop by drop, the vinegar and then the garlic juice.

FRENCH DRESSING

[By Mrs. Louis McCall]

Salt	1 teaspoonful
Paprika	¼ teaspoonful
Lemon juice or vinegar	¼ cupful
Olive oil	½ cupful
Catsup	1 teaspoonful
Worcestershire sauce	½ teaspoonful
Onion extract	¼ teaspoonful
Celery extract	¼ teaspoonful

Method of mixing.—Either shake well in bottle or beat thoroughly with egg beater. The ingredients must be very cold. This is good to keep on hand.

FRUIT SALAD DRESSING

[By Mrs. S. F. Gaches]

Orange (juice of)	1
Lemon (juice of)	½
Butter (melted)	1 tablespoonful
Sugar	¼ cupful
Eggs (yolks)	2
Cream	½ pint

Method of mixing.—Put the orange and lemon juice together with the butter in the top of a double boiler. When the butter is melted add the sugar and the beaten yolks of the eggs and cook until the consistency of heavy cream, stirring constantly. Remove from the fire, whip the cream, and *fold* (not *stir*) it into the mixture.

GREEN MAYONNAISE DRESSING

[By Mrs. S. F. Gaches]

Mayonnaise dressing	quantity desired
Spinach or parsley or green coloring	

Method of mixing.—Use the juice from the vegetables or green coloring until the desired green. Add to the mayonnaise and stir until well blended.

MAYONNAISE DRESSING

[By Mrs. G. A. Cresap]

Yolks of eggs (fresh)	2
Salt	½ teaspoonful
Pepper	½ teaspoonful
Mustard	¼ teaspoonful
Vinegar or lemon juice	4 teaspoonfuls
Oil	2 cupfuls

Method of mixing.—Beat the yolks of the eggs and add the salt, pepper, mustard and vinegar, mixing thoroughly. Add a teaspoonful of oil, beating well. Then add five more teaspoonfuls of oil (one teaspoonful at a time), beating well after each addition. When the dressing shows signs of thickening, oil may be added, a tablespoonful at a time, until two cupfuls of oil have been added. If desired, beat in four teaspoonfuls of boiling water, a teaspoonful at a time, until four teaspoonfuls have been used.

Ilang-ilang

PINK SALAD DRESSING

[By Mrs. S. F. Gaches]

Tabasco sauce	10 drops
Salt	½ teaspoonful
Mustard	¼ teaspoonful
Paprika	¼ teaspoonful
Chilli sauce	2 tablespoonfuls
Pimiento (chopped)	2 tablespoonfuls
Onion juice	8 drops
Vinegar	2 teaspoonfuls
Mayonnaise dressing	4 tablespoonfuls

Method of mixing.—Beat in the mayonnaise dressing after all the ingredients have been blended.

"ROMONO" SALAD DRESSING

[By Mrs. H. W. Reynolds]

Eggs	2
Salt	½ teaspoonful
Flour	1 teaspoonful
Mustard	½ tablespoonful
Sugar	1 tablespoonful
Melted butter	2½ tablespoonfuls
Sweet milk	¾ of a cupful
Vinegar	¼ of a cupful

Method of mixing.—Add the melted butter to the dry ingredients, beat this into the yolks of the eggs, then add the milk. Cook in a double boiler and slowly add the vinegar. When partly cold, add the stiffy beaten whites of the eggs.

RUSSIAN SALAD DRESSING

[By MRS. S. F. GACHES]

Mayonnaise	1 cupful
Chilli sauce	½ cupful
Green peppers (chopped)	2 tablespoonfuls
Pimiento (chopped)	2 tablespoonfuls
Chives (bottled, chopped)	1 tablespoonful
Capers (bottled, chopped)	2 teaspoonfuls

Method of mixing.—Mix in the order given. Two tablespoonfuls of whipped cream added is delicious.

SPANISH SALAD DRESSING

[By MRS. S. F. GACHES]

Sugar	1 teaspoonful
Salt	½ teaspoonful
Dry mustard	½ teaspoonful
Paprika	⅛ teaspoonful
Lemon juice	1 tablespoonful
Cold water	1 tablespoonful
Worcestershire sauce	1 teaspoonful
Tomato catsup	1 teaspoonful
Olive oil	5 tablespoonfuls

Method of mixing.—Mix sugar, salt, mustard and paprika well together. Add the cold water, Worcestershire sauce and tomato catsup. Then, drop by drop, add the oil alternating with the lemon juice.

THOUSAND ISLAND DRESSING

(For crab, lobster, shrimp, or lettuce)

[By MRS. W. S. HALL]

Mayonnaise	
Chilli sauce	4 tablespoonfuls
Tomato catsup	1 tablespoonful
Bell pepper (chopped)	2 tablespoonfuls
Pimiento (chopped)	½
Salt	½
Salt Pepper Paprika	to taste

Method of mixing.—Chop the bell pepper and pimiento very fine and add to the rest of the ingredients. Mix well. This quantity will serve four people.

SAUCES

AGRA DOLCE

(Italian sauce used with venison, sweetbreads, calf's head, and mutton)

[By Mrs. H. Eugene Stafford]

Brown sugar	2 heaping tablespoonfuls
Grated chocolate	¼ bar
Shredded candied orange peel	1 tablespoonful
Shredded candied lemon peel	1 tablespoonful
Blanched and shredded almonds	10
Currants	½ cupful
Vinegar	1 cupful

Method of mixing.—Mix all of the above ingredients together and let them soak for two hours; then pour over the cooked meat and let simmer for ten minutes.

Note.—This recipe was obtained in Florence where it is a well-known and favorite sauce.

APPLE SAUCE FOR PUDDING

[By Mrs. H. Eugene Stafford]

Apples	6
Chopped almonds	6
White wine	½ cupful
Lemon (juice of)	½
Sugar	½ cupful
Cornstarch	1 teaspoonful

Method of mixing.—Pare and cut the apples in pieces and cook until tender in a little water with the chopped almonds. Pass through a colander. Add the white wine and the lemon juice, the sugar and the cornstarch moistened in a little water. Cook for a few minutes. This sauce adds much to a plain pudding.

BEARNAISE SAUCE

[By Mrs. H. Eugene Stafford]

Yolks of eggs	4
Salt	½ teaspoonful
Cayenne	a dash
Salad oil	4 tablespoonfuls
Hot water	1 tablespoonful
Tarragon vinegar	1 tablespoonful

"Cooking is a science. No man is born a cook."

Method of mixing.—Beat the yolks of the eggs, add the oil and water, stand the bowl in hot water and stir until the eggs thicken. Remove, add salt, pepper and vinegar. It should be creamy and of the consistency of mayonnaise.

NOTE.—The addition of a few chopped gherkins, capers and olives makes this a good sauce tartare, and a little tomato juice will make it a red mayonnaise to use with cold boiled fish.

This is a very good sauce, hot or cold, with meat or fish. It can be used in place of mayonnaise.

BROWN SAUCE

[By MRS. H. EUGENE STAFFORD]

Chopped onion	1 tablespoonful
Butter	1 tablespoonful
Flour	1 tablespoonful
Beef stock	1 cupful
Salt Pepper	to season

Method of mixing.—Put the onion and butter in a saucepan and let brown. Add the flour and let brown, stirring all the time. Add the beef stock and stir until thickened. Season with salt and pepper, then strain.

A *sauce poivrade* is made by adding to the brown sauce, at the same time that the stock is put in, one cupful of claret, two cloves, a bay leaf, a little thyme and a teaspoonful of chopped parsley.

For *sauce Robert,* in place of claret, add a tablespoonful of French mustard, the juice of half a lemon and a teaspoonful of tarragon vinegar.

CHAMPAGNE SAUCE

(For baked ham)

[By MRS. H. EUGENE STAFFORD]

Champagne	1 cupful
Cloves	2
Peppercorns	6
Bay leaf	1
Sugar	1 teaspoonful
Brown sauce	1 cupful
Mushroom or truffle liquor (if on hand)	a little

Method of mixing.—Put the champagne, cloves, peppercorns, bay leaf and sugar into a saucepan and let all infuse over the fire for five minutes. Then add a cupful of brown sauce and a little mushroom or truffle liquor, if it is on hand.

NOTE.—Any white wine may be used instead of champagne.

CHAUDFROID SAUCE

[By MRS. H. EUGENE STAFFORD]

Butter	2 tablespoonfuls
Flour	2 tablespoonfuls
Chicken or veal stock	2 cupfuls
Salt Pepper	to season
Gelatine	1 ounce
Water	½ cupful

Method of mixing.—Put the butter in a saucepan. When it bubbles, add the flour, cook well but do not brown. Stir all the time. Add the chicken or veal stock and stir until well thickened; season to taste. Soak the gelatine in the half cupful of water; add to the sauce and stir until the gelatine is dissolved. Strain the sauce and allow it to just begin to stiffen before using.

A brown chaudfroid may be made (which is used for game and dark meats) by allowing the roux to brown, diluting it with beef stock and adding a few drops of kitchen bouquet.

Chaudfroid sauce is to be used for covering cold chicken or meat which is to be served cold. Poured over boned chicken or other meat, it gives a smooth surface and can be elaborately decorated with truffles. It makes a splendid supper dish served with vegetable salad.

CIDER SAUCE

[By Mrs. George H. Fairchild]

Cider	1 pint
Cloves	2 whole ones
Chopped onion	1 tablespoonful
Crushed peppercorns	6 whole ones
Celery seed or	1 saltspoonful
Chopped celery	1 tablespoonful
Bay leaf	1

Method of mixing.—Put the cider over the fire and boil rapidly for five minutes. Add the other ingredients, boil until reduced to half the amount, then strain. Serve with boiled or baked ham.

CLARET SAUCE FOR GAME

[By Mrs. George H. Fairchild]

Claret	½ pint
Stock	4 tablespoonfuls
Lemon juice	1 tablespoonful
Horseradish	1 teaspoonful
Paprika	1 saltspoonful
Salt	½ teaspoonful

Method of mixing.—Mix all the ingredients together thoroughly and heat gradually in a double boiler. Do not allow to boil. Serve at once.

COCKTAIL SAUCE

[By Marguerite Wolfson]

Egg	1
Horseradish	2 tablespoonfuls
Milk	½ cup
Lemon juice	1 tablespoonful
Worcestershire sauce	1 tablespoonful
Tomato catsup	1 small bottle
Salt	1 teaspoonful
Tabasco sauce	to taste

Method of mixing.—Mix horseradish and milk in a cup, let stand for an hour, covered. Pour into bowl and thin out with water and a little milk until it is the consistency of very thick cream. Stir in egg, then add lemon juice, Worcestershire sauce, catsup, salt and tobasco sauce. Put on ice.

This sauce is delicious if served over papaya, Morgan oysters, shrimps, or crab meat.

CUCUMBER SAUCE

[By Mrs. Louis McCall]

Cucumber (large)	4
Onion (grated)	1 medium size
Salt	½ teaspoonful
Pepper	1 teaspoonful
Vinegar	2 teaspoonfuls
Cream	6 tablespoonfuls

Method of mixing.—Pare and grate the cucumbers over a sieve; when drained, turn pulp into a bowl, add onion, pepper, salt and vinegar. Set on ice and just before serving add cream (well whipped). Must be served very cold.

FISH SAUCE

[By Mrs. S. F. Gaches]

Butter	½ cupful
Eggs (yolks of)	2
Lemon juice	½ lemon
Salt	1 saltspoonful
Boiling water	½ cupful
Pepper	a pinch

Method of mixing.—Stir butter to a cream, add eggs one at a time, and beat in the lemon juice, salt, and pepper. Use a double boiler (small) and stirr all the time. When thick, add the boiling water. Serve at once.

FISH SAUCE PIQUANTE

[By Mrs. H. Eugene Stafford]

Fish stock	½ cupful
White wine	½ cupful
Vinegar	1 tablespoonful
Lemon juice	1 tablespoonful
Butter	2 tablespoonfuls
Flour	2 tablespoonfuls
Soy	1 teaspoonful
Horseradish	1 teaspoonful
Anchovy paste or essence	1 teaspoonful

Method of mixing.—Boil the horseradish in the fish stock for five minutes; strain, add the vinegar, lemon juice, soy, anchovy paste and wine. Let stand for a few minutes.

Put the butter into a saucepan with the flour, allow to cook for three minutes, then add the liquid slowly. Let it come to the boiling point. Serve at once.

This sauce is very good to serve with any kind of fish.

FRENCH CUSTARD SAUCE

[By Mrs. H. Eugene Stafford]

Eggs (yolks of)	3
Milk	1 pint
Sugar	2 ounces
Vanilla or orange sugar	to flavor

Method of mixing.—Stir the eggs and sugar well together; put the milk in a double boiler and when it is scalded pour over the eggs. Return to the fire until the eggs are cooked. Be careful that it does not cook too much. It is better to set the saucepan in cold water after the custard is cook enough in order that the heat from the pan may not overcook it. Add the flavoring after the custard is cold.

GERMAN CUSTARD SAUCE

[By Mrs. H. Eugene Stafford]

Eggs (yolks of)	4
Sugar	2 ounces
Sherry	1 glassful
Orange or lemon sugar	to flavor

Method of mixing.—Put all ingredients together into a double boiler, whisk them briskly until the mixture becomes a light, frothy custard. Serve at once with any kind of steamed pudding.

HOLLANDAISE SAUCE

[By Mrs. H. Eugene Stafford]

Butter	½ cupful
Eggs	4 (yolks)
Salt	½ teaspoonful
Lemon (juice of)	½
Hot water	1 cupful
Cayenne pepper	a dash

Method of mixing.—In the top part of a double boiler rub the butter to a cream; add the four egg yolks and beat well together. Add the lemon juice, little by little, also the salt and cayenne pepper. Then add, very slowly, the cupful of hot water. Set the saucepan into the outer pan of the double boiler which contains hot water, and stir the sauce over the fire until thick like cream. Take care that the water in the under part of the double boiler does not boil at any time. Remove from the fire and continue to stir for a few minutes.

This is the best sauce for fish. It can also be used cold with fish or chicken. Garnish and serve as salad in such case. Serve crisp, trimmed slices of toast with it.

NOTE.—This sauce is for boiled fish, fish pudding, and vegetables.

HOT CHOCOLATE SAUCE

[By Mrs. Edwin Burke]

Unsweetened chocolate	1 square
Butter	1 tablespoonful
Sugar	1 cupful
Water	1/3 cupful
Vanilla	½ teaspoonful

Method of mixing.—Melt the chocolate in a small saucepan placed in hot water. Add the butter, sugar and the water. Bring to the boiling point and let boil for fifteen minutes. Cool slightly and add the vanilla.

This is also good for cake tops.

JELLY SAUCE

(For game and mutton)

[By Mrs. H. Eugene Stafford]

Currant jelly or grape jelly	1 tumblerful
Butter	1 tablespoonful
Sherry	1 tablespoonful

Method of mixing.—Melt the jelly in a saucepan, add the butter slowly and let it come to a boil for one minute, then remove from the fire. Just before serving add sherry.

MAÎTRE D' HOTEL SAUCE

[By Mrs. H. Eugene Stafford]

Butter	2 tablespoonfuls
Chopped parsley	1 tablespoonful
Lemon juice	1 tablespoonful
Salt	½ teaspoonful
Pepper	¼ teaspoonful

Method of mixing.—Rub the butter to a cream, add salt, pepper, and parsley, then the lemon juice slowly.

Spread this sauce on broiled fish or steak, letting the heat from the fish or steak melt the butter. The dish must not be put into the oven after the sauce is spread.

This sauce greatly improves, as well as garnishes broiled meat. It can be mixed and kept well covered in the ice-box for some time, but stir it to soften before using.

MINT SAUCE

(For spring lamb)

[By Mrs. H. Eugene Stafford]

Bunch of mint	1
Sugar	1 tablespoonful
Vinegar	¾ cupful

Method of mixing.—Chop the mint fine; dissolve the sugar in the vinegar, add the mint and let stand an hour to infuse before using. If the vinegar is too strong, dilute it with a little water. If the sauce is wanted warm, heat the vinegar and sugar and stir in the mint just before serving.

MUSHROOM SAUCE

[By Mrs. H. Eugene Stafford]

Mushrooms	1 can
Butter	1 tablespoonful
Flour	1 tablespoonful
Stock (or half stock and half liquor from mushrooms)	1 cupful
Lemon juice	1 teaspoonful
Salt	½ teaspoonful
Pepper	¼ teaspoonful
Butter	1 teaspoonful
Chopped parsley	1 teaspoonful
Egg (yolk of)	1

Method of mixing.—Make a brown roux using one tablespoonful of butter and one tablespoonful of flour; add the stock (or half stock and half liquor from the canned mushrooms). Cook for five minutes, stirring all the time.

Then add one can of mushrooms, the lemon juice, salt and pepper. Let the mushrooms get well heated, then remove from the fire and stir in the yolk of one raw egg mixed with one teaspoonful of butter. Cook a little until the egg is set, then add a teaspoonful of chopped parsley.

NOTE.—This sauce may be used with fillet of beef or with fowl. It is a garnish as well as a sauce.

MUSTARD SAUCE

[By Mrs. Charles F. Massey]

Butter	4 tablespoonfuls
Hot water or stock	1 cupful
Flour	1 tablespoonful
Salt	½ teaspoonful
Cayenne pepper	¼ teaspoonful
Mustard	3 teaspoonfuls

Method of mixing.—Melt one-half of the butter in a saucepan and add the flour. Blend and add the hot water slowly, stirring constantly. When the mixture has thickened, add the remainder of the butter, the mustard, salt and cayenne pepper. Serve hot with corned beef.

NEWBURG SAUCE

[By Marguerite Wolfson]

Butter	4 ounces
Cream	1 can
Eggs (yolks of)	3
Sherry	2 glassfuls
Salt and cayenne pepper	to taste

Method of mixing.—Put in a chafing dish or double boiler, first the butter, (melted), then stir in yolks of eggs, add cream slowly, stirring constantly, salt and pepper. Just before it comes to a boil, remove from fire and add sherry. Serve very hot over crab meat, shrimps, mushrooms, or sweetbreads. This sauce must be stirred constantly and not allowed to stand long before serving.

OLIVE SAUCE

(For ducks)

[By Mrs. H. Eugene Stafford]

Stoned olives	1 dozen
Brown stock	1 cupful
Flour	1 tablespoonful
Butter	1 tablespoonful
Chopped onion	1 tablespoonful
Chopped carrot	1 tablespoonful
Salt	1 teaspoonful
Pepper (cayenne)	a dash
Clove	1

Method of mixing.—Put the butter in a saucepan. When it bubbles add the chopped onion and carrots and let them brown. Then add the flour and let it brown. Then add, slowly, the stock, season with salt, cayenne and the clove; let simmer slowly for twenty minutes, then strain. Boil the stoned olives for half an hour in a little water. Add to the strained sauce. Serve.

Note.—When stoning the olives, be careful to keep the meat in one piece.

POULETTE SAUCE

[By Mrs. H. Eugene Stafford]

White sauce	1 pint
Egg yolks	4
Cream	1 cupful
Butter	1 tablespoonful
Lemon (juice of)	½
Chopped parsley	1 tablespoonful

Method of mixing.—Make the white sauce with chicken or veal stock in place of milk. Beat the egg yolks with the cream, take the white sauce from the fire and add it to the cream and eggs, slowly, stirring all the time. Put it again over the fire to thicken, but do not let it boil or it will curdle. Add the butter, a small piece at a time, then the juice of half a lemon and the chopped parsley. Serve at once. If allowed to stand it will curdle.

Note.—This sauce is to be used for chicken breasts, sweetbreads, or other entrées.

PUDDING SAUCE

[By Mrs. H. Eugene Stafford]

Yolks of eggs	8
Lemon (juice of)	3
White wine	1 cupful
Water	2 tablespoonfuls
Sugar	1 cupful

Method of mixing.—Stir the sugar and yolks of the eggs to a stiff cream. Add the lemon juice slowly, then the wine and then the water. Set the mixture over the fire to cook, but stir it all the time so that it will be foamy. As soon as it comes to the boiling point, remove and serve at once.

SAUCE FOR BOILED FISH

[By Mrs. H. Eugene Stafford]

Butter	1 tablespoonful
Flour	1 teaspoonful
Fish water	½ cupful
Lemon (juice of)	½
White wine	½ cupful
Yolks of eggs	2
Pepper	dash
Sugar	½ teaspoonful

Method of mixing.—Melt the butter; stir in the flour and cook from three to five minutes. Add the first water (water in which the fish has been boiled), then the wine and cook from three to five minutes. Add the fish-water Take the sauce from the fire and add to the yolks of the eggs which have been stirred with the sugar. Return to the fire long enough to cook the eggs. Serve at once.

SAUCE CAVALIER

[By Mrs. H. Eugene Stafford]

Brown sauce	1 pint
Chutney	1 teaspoonful
Chopped capers	1 teaspoonful
Minced sweet pickles	1 teaspoonful
French mustard	1 teaspoonful
Tomato vinegar	½ tablespoonful
Madeira	1½ tablespoonfuls
Lemon juice	½ lemon
Salt	to season
Pepper	

Method of mixing.—Put all the ingredients together in a saucepan, except the wine. Bring to the boiling point, season with salt and pepper, add the wine, let stand a few minutes then serve. This must not boil after the wine is added.

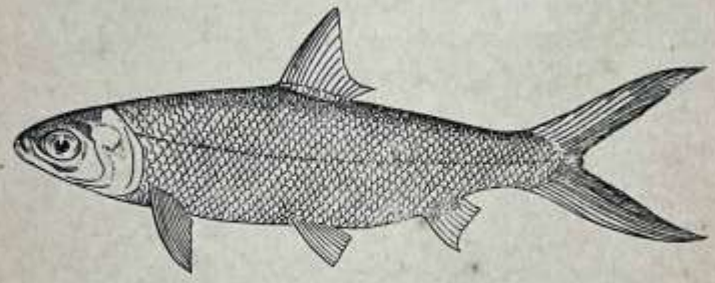
This sauce is very good to use for re-heated game, fish, or any roasted meats.

SAUCE FOR FISH OR CALVES' BRAINS

[By Mrs. H. Eugene Stafford]

Butter	3 ounces
Capers	1 tablespoonful
Tarragon vinegar	1 tablespoonful
Worcestershire sauce	½ teaspoonful

Method of mixing.—Melt the butter and brown it nicely, taking care not to burn it. Mix the capers, vinegar, and Worcestershire sauce together in a sauce pan, place the pan over the fire and when it comes to a boil add the melted and browned butter. Serve in a heated sauce bowl.



The capers may be omitted and a tablespoonful of chopped parsley substituted, in which case a litlte catsup should be used in place of the Worcestershire sauce.

SAUCE FOR MEAT

[By Mrs. Charles F. Massey]

Chilli sauce	1 cupful
Large olives	6
Butter	1½ tablespoonfuls
Paprika	½ teaspoonful
Cayenne pepper	⅛ teaspoonful
Salt	½ teaspoonful

Method of mixing.—Remove the stones from the olives and cut the pulp into pieces. Sauté in butter for a few minutes. Add seasonings. Heat the chilli sauce, add to the olive mixture, and serve hot on steak.

SAUCE PIQUANTE

[By Mrs. George H. Fairchild]

Chopped onion	1 tablespoonful
Capers	1 tablespoonful
Chopped gherkins	2 tablespoonfuls
Sugar	1 teaspoonful
Salt	½ teaspoonful
Tarragon vinegar	2 tablespoonfuls
Paprika	½ saltspoonful
Stock	4 tablespoonfuls

Method of mixing.—Mix vinegar and stock, add remaining ingredients and serve with boiled calf's head, boiled mutton or plain boiled lobster.

SAUCE TARTARE

[By Mrs. Louis McCall]

Mayonnaise	2 tablespoonfuls
Chopped capers	2 tablespoonfuls
Onion (grated)	½ tablespoonful
Parsley	a little

Method of mixing.—Mix one hour before using. Prepare mayonnaise as follows:

Oil	1 cupful
Egg (yolk of)	1
Lemon	½
Cayenne pepper	1 dash
Salt	1 level teaspoonful

Method of mixing.—Stir yolk slightly, add oil little by little, stirring steadily with a silver fork; then add one level teaspoonful salt and continue to add oil little by little until it thickens. Thin to consistency desired with a little lemon juice.

SHAD ROE SAUCE

[By Mrs. George H. Fairchild]

Shad roé	1 set
Butter	¼ pound
Onion juice	½ teaspoonful
Ground mace	1 saltspoonful
Madeira wine	6 tablespoonfuls
Salt	1 saltspoonful

Method of mixing.—Cook the roe below the boiling point for one-half hour, then remove membrane carefully. Put the roe back over the fire, add the other ingredients, stir constantly until very hot. It is best to make this sauce in a double boiler. It must never boil. Serve with planked or boiled fish.

SWEET MUSTARD FOR MEAT

[By Mrs. C. S. Salmon]

Mustard (powdered)	1 cupful
Vinegar	½ cupful
Eggs	2
Butter	1½ tablespoonfuls
Salt	1 teaspoonful
Brown sugar	1 tablespoonful

Method of mixing.—Soak mustard in vinegar for half an hour. Add eggs, butter, salt and sugar and cook in double boiler until the consistency of custard.

TOMATO SAUCE

(For meat, croquettes and macaroni)

[By Mrs. H. Eugene Stafford]

Butter	2 tablespoonfuls
Flour	1 tablespoonful
Chopped onion	1 tablespoonful
Carrots	1 tablespoonful
Chopped parsley	1 tablespoonful
Bay leaf	1
Salt	½ teaspoonful
Pepper	¼ teaspoonful
Cloves	3
Tomatoes	½ can

Method of mixing.—Put one tablespoonful of the butter into a saucepan with the chopped onion and carrot, cook well but do not brown. Add the flour and cook for five minutes, stirring constantly. Then add the tomatoes, cloves, bay leaf, salt and pepper. Cook slowly for half an hour or until reduced to the right consistency. Add the other tablespoonful of butter, a small piece at a time in order to prevent an oily line.

VILLEROI SAUCE

(For use with eggs villeroi or for cold meats that are to be heated again)

[By Mrs. H. Eugene Stafford]

Butter	1 tablespoonful
Onion	1 slice
Flour	2 tablespoonfuls
Stock	2 cupfuls
Salt Pepper	to taste
Yolks of eggs	4
Cream	½ cupful

Country road through the mango trees

Method of mixing.—Put the butter and onion in a saucepan and fry for a moment but do not brown. Remove the onion and add two tablespoonfuls of flour, cook for five minutes, dilute with the stock, then boil until the sauce is thick. Season to taste, remove from the fire and add the yolks of the eggs beaten with half a cupful of cream. Place again over the fire until thickened and quite stiff and elastic. Do not let it boil after the eggs are added or it will curdle. Stir constantly. When it is beginning to cool, pour it over the articles it is to coat, or roll the articles in it as the recipe directs. Chopped parsley, truffles, or mushrooms may be mixed with the sauce if desired. The thick sauce left from the coating may be diluted with stock or milk and served as sauce.

NOTE.—This amount of sauce is sufficient to coat and to give diluted sauce for a dozen eggs villeroi.

WHITE SAUCE

[By MRS. S. F. GACHES]

There are three kinds of white sauce generally used: Thin, medium and thick. The thin white sauce is for scalloped dishes, cream soups, cream toast, etc., and the thick white sauce is used for making croquettes and soufflés.

THIN WHITE SAUCE

Flour	1 tablespoonful
Butter	2 tablespoonfuls
Milk	1 cupful

MEDIUM WHITE SAUCE

Flour	2 tablespoonfuls
Butter	2 tablespoonfuls
Milk	1 cupful

THICK WHITE SAUCE

Flour	4 tablespoonfuls
Butter	3 tablespoonfuls
Milk	1 cupful

Method of mixing.—Melt the butter in a saucepan, stir in the flour and cook for a few minutes, stirring constantly; then add the milk, stir until smooth and cook for a few minutes longer.

If desired to use cornstarch instead of flour for thickening purposes, use half the quantity of cornstarch as it has double the thickening power of flour.

Perfection in the art of cookery is attainable only by lengthened experience and careful study of the qualities of foods and the application of sauces and seasonings. It is chiefly in knowing how to make and apply sauces that a cook shows her skill.—OLD WRITER.

Cadena de amor

MACARONI

[By Mrs. H. Eugene Stafford]

TO PREPARE MACARONI

No matter what the final preparation of macaroni or spaghetti is to be, the first stage is always the same and is as follows:

Fill a large kettle partly full of rapidly boiling, salted water, throw in the macaroni, allow it to boil rapidly for thirty minutes, drain, throw the macaroni into cold water to blanch for thirty minutes and drain again. The macaroni is now ready for whatever it is to be used.

Rice terraces

DEVILLED MACARONI

[By Mrs. H. Eugene Stafford]

Macaroni or spaghetti	6 ounces
Milk	½ pint
Hard boiled eggs	3
Cayenne pepper	1 level saltspoonful
Onion juice	1 tablespoonful
Butter	2 tablespoonfuls
Flour	2 tablespoonfuls
Chopped parsley	1 tablespoonful
Salt	½ teaspoonful

Method of preparing.—Boil, blanch, drain and chop the macaroni or spaghetti. Rub the butter and flour together, add the milk and stir until boiling. Press the hard boiled eggs through a sieve or chop them very fine and add to the thick sauce; next add the chopped parsley, salt, cayenne pepper and onion juice. (The cayenne pepper may be omitted and a sweet chilli, chopped very fine, added in place of it.) Now mix the macaroni and the thick sauce together, put into individual shells or ramekin dishes, cover the top with breadcrumbs moistened with melted butter and put into a quick oven for a moment to brown.

MACARONI WITH CHEESE

[By Mrs. H. Eugene Stafford]

Macaroni	4 ounces
Ordinary cheese	4 ounces
Butter	2 tablespoonfuls
Salt	1 level teaspoonful
Cayenne	½ saltspoonful

Method of preparing.—Boil the macaroni as previously directed and cut in three-inch lengths. Chop the cheese, cover the bottom of a baking dish with a layer of the macaroni dotted with a few bits of butter and a sprinkle of the chopped cheese, salt and pepper, then another layer of macaroni and cheese and so continue, having the last layer cheese. Dot with more bits of butter, dust thickly with breadcrumbs and bake in a hot oven for twenty minutes.

MACARONI "QUEEN STYLE"

[By Mrs. G. A. Cresap]

Macaroni	¾ cupful
Cream	1¼ cupfuls
Grated cheese	1 cupful
Salt	¼ teaspoonful
Butter	1 tablespoonful
Bread cubes	¾ cupful

Method of preparing.—Break the macaroni into inch lengths and cook in boiling salted water until tender. Drain and rinse in cold water. Scald the cream, stir in the grated cheese, stirring until the cheese is melted and smooth. Add salt, butter and macaroni. Put the mixture into a shallow dish and bake. Have ready the bread cut into cubes, brown them in a little butter or oil made hot in a frying pan. Shake and toss the bread cubes until they are browned nicely on all sides, then drain on soft paper and sprinkle them over the macaroni.

NOTE.—This quantity is sufficient for three or four people if served as the main dish at luncheon or supper.

MACARONI SUPREME

[By MRS. H. EUGENE STAFFORD]

Soft American cheese	½ pound
Macaroni or spaghetti	2 ounces
Yolks of eggs	3
Milk	½ cupful
Butter	2 tablespoonfuls
Pepper	a dash
Salt	1 saltspoonful

Method of preparing.—Boil, blanch, drain and cut the macaroni into pieces. Beat the yolks of the eggs, add the milk, put eggs and milk into a saucepan with the cheese, add salt, pepper, butter and macaroni. Stir rapidly over the fire until the cheese is thoroughly melted, then turn at once into a very hot dish that has been covered with nicely toasted bread and send to the table.

This is one of the tastiest of macaroni dishes.

MACARONI WITH TOMATO SAUCE

[By MRS. H. EUGENE STAFFORD]

Macaroni or spaghetti	4 ounces
Tomato sauce	1 pint
Parmesan cheese	quantity desired

Method of preparing.—Heat the macaroni or spaghetti which has been previously boiled and blanched. Add it to the tomato sauce and serve Parmesan cheese with it.

Macaroni may be served as a garnish to chicken, mutton, or veal.

SOUFFLÉS

[By Mrs. H. Eugene Stafford]

General remarks.—The preparation of soufflés is exceedingly simple, the only difficulty being in serving them soon enough as they fall very quickly. When removed from the oven they must go directly to the table, and if the dining-room is located at some distance from the kitchen the soufflé should be covered with a hot pan until the dining-room is reached. It is better to keep the table waiting a few minutes than to have the soufflé ready too soon. Before beginning the making of a soufflé, have everything in readiness and see that the oven is right. In adding the beaten whites of the eggs, *fold* them in, that is, lift the mixture from the bottom and use care not to break it down by too much mixing.

CAULIFLOWER SOUFFLÉ

[By Mrs. S. F. Gaches]

Cauliflower	1 good sized head
Salt	according to the quantity of cauliflower
Fresh tomatoes	quantity desired
Pepper	to taste
White sauce	quantity desired

Method of preparing.—Trim a good sized cauliflower, blanch it, rinse and put in boiling water with salt and cook it until tender, then drain and cut in small bouquets. Place in a buttered baking dish, with alternate layers of skinned, sliced raw tomatoes, season with salt and pepper and fill the dish with sauce. Bake until done.

SAUCE FOR CAULIFLOUR SOUFFLLÉ

Butter	
Flour	2 ounces
Milk	2 ounces
Eggs (yolk of)	½ pint
Salt	2
Cayenne	1 saltspoonful
	a pinch

"Cooking is a science. No man is born a cook."

Method of mixing.—Put the butter into a pan, add the flour gradually, stirring constantly, then add the milk which has the yolks of the eggs added to it and cook until of a creamy consistency. Season with salt and cayenne.

CHEESE SOUFLÉ

[By Mrs. C. S. Salmon]

Butter	2 tablespoonfuls
Flour	2 tablespoonfuls
Hot milk	1 cupful
Eggs	4
Grated American cheese	1 cupful

Method of preparing.—Mix flour and butter and stir into the hot milk. Cook to a smooth sauce. Add the well beaten yolks of the eggs and continue cooking for several minutes. Take from the fire and stir into the mixture the grated cheese, then fold in carefully the well beaten whites of the eggs. Cook in a chafing dish, or in a double boiler, or in the oven. It should be cooked at a very moderate heat and be dry when ready to serve.

CHOCOLATE SOUFFLÉ

[By Mrs. H. Eugene Stafford]

Sweetened chocolate	3 ounces
Sugar	1 heaping tablespoonful
Flour	2 tablespoonfuls
Butter	1 tablespoonful
Milk	½ cupful
Yolks of eggs	3
Whites of eggs	4
Vanilla	a little

Method of preparing.—Melt the butter in a saucepan, stir in the flour and let it cook a few minutes without browning, then add, slowly, the milk and stir until smooth and a little thick. Remove from the fire and pour into the egg yolks which have been beaten to a cream with the sugar. Mix well, add the melted chocolate, mix again very well, then set aside to cool, first rubbing a little butter over the top to prevent a crust forming. When ready to serve, fold in the whites of the eggs beaten to a stiff froth, turn the mixture into a buttered dish, filling it less than two-thirds full, allowing space for the soufflé to rise. Place in a pan with hot water enough to reach half-way of the soufflé dish and bake for thirty minutes. This soufflé can also be steamed on top of the stove if put into a saucepan and covered and then steamed for thirty minutes. Serve with hard sauce.

COFFEE SOUFFLÉ

[By MRS. S. F. GACHES]

Strong black coffee	1½ cupfuls
Milk	½ cupful
Sugar	½ cupful
Granulated gelatine	1 tablespoonful
Salt	1 teaspoonful
Eggs	3
Vanilla	½ teaspoonful

Method of preparing.—Mix the coffee, milk, and gelatine together with the salt and slightly beaten yolks of the eggs. Cook until the mixture thickens, remove from the fire, add the stiffly beaten whites of the eggs and flavor with the vanilla. Chill and serve with whipped cream.

HAM AND CHEESE SOUFFLÉ

[By MRS. A. J. GRANT]

Cheese	¼ pound
Cold boiled ham	¼ pound
Soda crackers (square)	6
Milk	1 cupful
Worcestershire sauce	1 teaspoonful
Baking powder	½ teaspoonful
Eggs	4
Salt	to season
Red pepper	

Method of preparing.—Use finest cutter of the meat chopper, run cheese through first, following with the ham and crackers; add the Worcestershire sauce and milk, then red pepper and salt to taste. Mix very thoroughly, beat the eggs separately until the yolks are lemon-colored and the whites are stiff and dry. Fold into the batter together with the baking powder which should be sprinkled lightly over the top. Pour into a well buttered baking dish and bake slowly until puffy and brown, about thirty minutes.

POTATO SOUFFLÉ

[By Mrs. Louis McCall]

Potatoes (mashed, white)	2 cupfuls
Melted butter	2 tablespoonfuls
Cream	½ cupful
Eggs	2
Salt	1 teaspoonful
Pepper (white)	½ teaspoonful

Method of preparing.—Mix hot mashed potatoes, mashed through a sieve, with butter, cream, yolks of eggs well beaten, salt, pepper and cheese; then fold in stiffly beaten whites of eggs and pile in a buttered dish, not smoothing the top. Bake until a light brown.

PRUNE SOUFFLÉ

[By Mrs. H. Eugene Stafford]

Prunes	½ pound
Sugar	3 tablespoonfuls
Eggs	4
Vanilla	a little
Salt	a dash

Method of preparing.—Stew the prunes, drain, remove the stones and cut each prune into four pieces. Beat the yolks of the eggs and the sugar to a cream, add the vanilla and mix all with the prunes. Set aside to cool. When ready to serve, fold in the whites of the eggs beaten to a stiff froth, a dash of salt being added to them before beating. Turn the mixture into a pudding dish and bake in a moderate oven for twenty minutes. Serve at once.

Note.—A few chopped almonds or meats from the prune pits improves the flavor. Apples may be used, also, if cooked to a purée before adding the eggs.

SALMON SOUFFLÉ

[By Mrs. W. G. McVean]

Butter	2 tablespoonfuls
Flour	2 tablespoonfuls
Salt	1 teaspoonful
Pepper	to taste
Milk	1 pint
Salmon	1 can
Grated stale bread	1 cupful
Chopped parsley	1 teaspoonful
Onion juice	a few drops
Eggs	3

Method of preparing.—Make a white sauce by creaming the butter and flour, stirring in the milk which has been scalded, adding salt and pepper and boiling a few minutes. Drain the oil from the salmon, remove pieces of bone and skin and pick the fish into flakes. Add the flaked salmon, breadcrumbs, onion juice and parsley to the white sauce and then stir in the well beaten yolks of the eggs. Lastly, fold in the well beaten whites of the eggs and bake in ramekins or in a baking dish placed in a pan of hot water.

VANILLA SOUFFLÉ

[By Mrs. H. Eugene Stafford]

Milk	1 cupful
Flour	2 tablespoonfuls
Sugar	3 tablespoonfuls
Butter	2 tablespoonfuls
Salt	¼ teaspoonful
Vanilla bean	½
Eggs	4

Method of preparing.—Put the milk into a double boiler with the salt. When it is scalded, add the butter and flour which have been rubbed together. Stir for ten minutes to cook the flour and form a smooth paste. Beat the yolks of the eggs and the sugar to a cream, add the first mixture to them, then add the vanilla bean which has first been pounded into a little sugar, then set away to cool. Rub a little butter over the top to prevent a crust forming. Just before time to serve, beat the whites of the eggs to a stiff froth and fold into the mixture. Turn it into a buttered mold and cook in a moderate oven for thirty to forty minutes. Test it with a straw through the middle to be sure it is throughly cooked.

This soufflé may be varied by putting a layer of crushed fruit in the bottom of the mold before filling with the mixture or by mixing one-half cupful of fruit pulp with the mixture before adding the whites of the eggs. In this case two extra egg whites are needed to make the soufflé sufficiently light.

NOTE.—By omitting the vanilla and sugar, increasing the amount of salt and adding pepper to season, a cupful of finely chopped cooked meat may be added to the mixture with a teaspoonful of parsley and a few drops of grated onion. The mixture then becomes a meat soufflé suitable for a luncheon dish or entrée. Serve with an olive sauce or any savory sauce. This is an excellent way to serve left-over meat or fish of any kind.

Mayon Volcano

PUDDINGS

APPLE CAKE VICTORIA

[By Mrs. H. Eugene Stafford]

Apples (thinly sliced)	12
Macaroons	¼ pound
Powdered sugar	¼ pound
Yolks of eggs	6
Cream	1 pint

Method of preparing.—Line a mold, rather light in form, with short paste made as described elsewhere for tartlets. Fill with the apples and put in a rather moderate oven to bake. When half done, stir the sugar and yolks of the eggs to a cream, add the macaroons which have been pounded fine, and lastly the cream. Pour the mixture over the apples and bake until done in a moderate oven. When done, sift some sugar over the top. Currant jelly is nice to serve with this, but not necessary as the pudding is very rich.

APRICOT BAVARIAN CREAM

[By Mrs. Simon Feldstein]

Granulated gelatine	1 level tablespoonful
Syrup drained from apricots	1 cupful
Apricots	1 can
Lemon (juice and rind)	1
Eggs	2
Sugar	½ cupful
Heavy cream	½ cupful

Method of mixing.—Mix thoroughly the gelatine, apricot syrup, juice of lemon and rind (grated), yolks of eggs and sugar. Cook in a double boiler over hot water, stirring constantly until slightly thickened, then strain. Add one cupful of sliced apricots and set on ice. When slightly

Cooking is not durdgery—it is an art * * *. No one who stands by a hot stove ever cooks. That party only waits. The cook is always on the 'que vive.' In the exaltation and exhilaration of his artistic services, he forgets that the stove is hot.—Dr. HARVEY W. WILEY.

stiffened, beat until light, then fold in two stiffly beaten whites of eggs and one-half cupful of heavy cream beaten stiff. Turn into oiled mold decorated with pieces of apricots, chill, remove from mold and garnish with apricots and whipped cream.

APRICOT CUSTARD

[By Mrs. S. F. Gaches]

Apricots	½ pint can
Sugar	6 ounces
Orange (juice of)	½
Whites of eggs	4
Powdered sugar	quantity needed
Whipped cream or wine sauce	

Method of mixing.—Strain the apricots and rub through a sieve to a pulp and add sugar and orange juice. Cook and stir until thick and add the well beaten whites of the eggs. Pour in a baking dish, dust with powdered sugar and bake for twenty minutes in a hot oven. Serve at once; if allowed to stand the custard will become liquid. Serve with whipped cream or wine sauce.

APRICOT FLUFF

[By Mrs. Louis McCall]

Apricots (cooked and mashed)	1 cupful
Whipped cream	2 cupfuls
Powdered sugar	½ cupful
Pineapple flavoring	1 teaspoonful

Method of mixing.—Line sherbert glasses with split lady fingers and fill with the above ingredients well mixed; garnish with maraschino cherries. Chill before serving.

APRICOT WHIP

[By Mrs. Louis McCall]

Gelatine	1½ tablespoonfuls
Apricots	1 can
Sugar	½ cupful
Cold water	1/3 cupful
Lemon (juice of)	½
Whipped cream	2 cupfuls

Method of mixing.—Soften the gelatine in cold water and dissolve by placing dish over hot water, add gelatine and sugar to apricots which have been rubbed through a sieve. Place in ice water until mixture begins to thicken. Fold in whipped cream and add lemon juice. Fill parfait glasses three-fourths full of mixture, add whipped cream and garnish with apricots.

BEST OF PUDDINGS

[By Mrs. W. G. McVean]

Milk	1 pint
Sugar	½ cupful
Flour	½ cupful
Butter	½ cupful
Eggs	5
Almond flavoring	1 teaspoonful

Method of mixing.—Beat the flour with part of the milk and when smooth add remainder of milk and cook for ten minutes in double boiler; add butter and sugar while hot; let cool, then add the beaten yolks of the eggs and lastly fold in the well beaten whites. Bake one-half hour in a two-quart pan set in a pan of hot water. Serve hot with hard sauce or cream sauce.

BISCUIT PUDDING Á LA PRINCE ALBERT

[By Mrs. H. Eugene Stafford]

Stale cake of any light variety	12 ounces
Milk	1 pint
Yolks of eggs	6
Salt	a pinch
Whites of eggs	2
Sugar	4 ounces
Lemon rind	1 lemon

Method of mixing.—Scald the milk, pour it over the crumbed cake and let it stand for a few minutes. Then add the sugar (which has had the lemon rind rubbed over it), the yolks of the eggs, beaten light and the salt. Mix all lightly together, then add the whites of the eggs beaten to a stiff froth and mix lightly again. Steam for about one hour and a quarter. Serve with a currant or raspberry sauce made by thickening the fruit juice with a little arrowroot or cornstarch, sweetened.

BROWN MALACCA PUDDING

[By Harriet E. Lyons]

Cracker crumbs	1 cupful
Butter or crisco	¼ cupful
Eggs	2
Raisins	½ cupful
Currants	½ cupful
Citron	¼ cupful
Flour	½ cupful
Soda	1 teaspoonful
Sugar	½ cupful
Molasses	¼ cupful
Milk	½ cupful
Cinnamon	½ teaspoonful
Allspice	½ teaspoonful

Method of mixing.—Cream butter and sugar and add beaten eggs, milk and molasses. Sift the flour twice, adding the spices and soda before the second sifting. Then mix with the dried fruits and add to the first mixture. Steam for three hours. Serve hot with hard sauce.

HARD SAUCE

Butter	½ cupful
Sugar	1 cupful
Vanilla	1 teaspoonful

Method of mixing.—Cream butter and sugar and beat hard, then add vanilla.

CHARLOTTE RUSSE

[By Mrs. A. S. Gibson]

Eggs	6
Sugar	1 cupful
Boiling water	½ cupful
Baking powder	2 teaspoonfuls
Lemon extract	1 teaspoonful
Flour	1½ cupfuls

Method of mixing.—Beat the eggs until light, add sugar, vanilla, flour (sifted five times) and baking powder. Mix well. Lastly add boiling water. Stir well, but do not beat, then place immediately in a moderate oven and bake until done. When cool, slice in thin slices, roll, and place in containers. Fill with whipped cream. Place a cherry or sprinkle cracked nuts on the top of each one.

CHESNUT PUDDING

[By MRS. H. EUGENE STAFFORD]

Chestnuts	50
Cream	1 pint
Butter	4 ounces
Sugar	6 ounces
Vanilla (pounded)	1 stick
Salt	a pinch
Eggs	8

Method of mixing.—Bake or boil the chestnuts, rub the pulp through a sieve and place in a saucepan with the cream, butter and sugar, vanilla and salt. Stir over the fire until the mixture thickens and as soon as it leaves the sides of the pan remove from the fire. Then stir in the eight egg yolks, one at a time and lastly, the whites of the eight eggs whipped to a stiff froth. Put the mixture into a pudding dish and steam for one hour and a half. When done, turn the pudding carefully out onto a dish and pour over it a sauce made from apricot jam diluted with a little water. Serve at once.

COCONUT PUDDING

[By MRS. CHARLOTTE R. SLEEPER]

Coconuts	2 (grated meat)
Water of coconut	½ cupful
Eggs (yolks of)	3
Eggs (whites of)	2
Sugar	2½ cupfuls
Vanilla	1 teaspoonful
Water	¼ cupful

Method of mixing.—Add the water from the coconut to the grated meat; then add the beaten yolks of the eggs, two cupfuls of the sugar and vanilla. Bake ten or fifteen minutes. Boil one-quarter of a cupful of water and the remaining half cupful of sugar together until it spins a thread. Then add the well beaten whites of the eggs as a *meringue*. Cover the top of the pudding with this, place in the oven and brown.

DANISH APPLE CAKE

[BY MRS. H. EUGENE STAFFORD]

Apples	12
White wine	1 cupful
Butter	½ pound
Sugar	1½ cupfuls
Chopped almonds	12
Breadcrumbs	1½ cupfuls
Lemon rind	½
Cinnamon	a dash

Method of mixing.—Slice the apples. Put the wine, one tablespoonful of butter, one-half cupful of sugar, the lemon rind and cinnamon in a saucepan, add the apples and cook until well done, then set aside to cool. Take the remainder of the butter, heat it in a frying pan, stir in the breadcrumbs and the remainder of the sugar and bake until brown. Add the almonds. Butter a mold, spread it with the breadcrumb mixture, put in a layer of the apple mixture and a layer of the breadcrumb mixture, alternately, until both mixtures are used, taking care that the last layer is breadcrumbs. Bake in an oven for fifteen minutes. Set aside to cool (not to get *cold*). When time to serve, turn out on a serving dish and pour over whipped cream studded with currant jelly.

Tree fern

NOTE.—It is best to wash out the salt from the butter before using as it usually contains too much of it.

DATE PUDDING

[By Marguerite Wolfson]

Chopped pili nuts	1 cupful
Chopped dates	1 cupful
Powdered sugar	1 cupful
Toasted breadcrumbs (rolled and sifted)	1 cupful
Milk	½ cupful
Eggs	6
Baking powder	1 teaspoonful
Vanilla	½ teaspoonful
Almond extract	½ teaspoonful

Method of mixing.—Beat yolks of eggs with silver fork, then add sugar, breadcrumbs, baking powder, nuts and dates, stirring constantly. Lastly beat in the stiffly beaten whites of the eggs and add vanilla and almond flavoring. Pour mixure into a greased baking dish and bake for twenty minutes in moderate oven. Serve cold with whipped cream or marshmallow sauce.

DATE-WALNUT PUDDING

[By Mrs. Charles F. Massey]

Eggs	2
Flour	2 tablespoonfuls
Baking powder	1 teaspoonful
Chopped walnuts	1 cupful
Chopped dates	1 cupful
Sugar	¾ cupful
Cinnamon	to taste

Method of mixing.—Beat the eggs and add sugar; sift flour and baking powder together, add walnuts and dates and combine the mixtures. Put into a greased pan and sprinkle all with cinnamon. Bake for about thirty or forty minutes in a slow oven. Try with a straw. Serve with whipped cream in individual glasses.

DURIAN SNOW PUDDING

[By Harriet E. Lyons]

Dutch durian[1]	1 medium sized
Sugar	½ cupful
Whites of eggs	2
Cornstarch	3 tablespoonfuls
Water	1 cupful

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[1] Dutch durian: Sour sop. Yebana.

Method of mixing.—Remove seeds from the fruit. Take out the white pulp and add to the cupful of water. Press through a sieve, then add this juice to the sugar and cook. When boiling, add the cornstarch dissolved in a little cold water. Stir and cook until smooth. Then remove from the fire and let stand for five minutes, after which add the beaten whites of the eggs and beat all with an egg-beater until light. Pour into molds and cool. Serve with ice-cold yellow sauce made as follows:

YELLOW SAUCE

Yolks of eggs	2
Sugar	3 tablespoonfuls
Evaporated milk	½ cupful
Water	2 tablespoonfuls
Vanilla	to flavor

Method of mixing.—Beat the yolks of the eggs, add sugar milk and water. Mix thoroughly, then cook in a double boiler until thick. Flavor with vanilla and serve cold.

FIG CUPS

[By Mrs. S. F. Gaches]

Figs (thoroughly washed)	½ pound
Almonds (chopped, salted)	½ pound
Sugar	3 tablespoonfuls
Lemon juice	2 teaspoonfuls
Wine	½ cupful

Method of mixing.—Stuff the figs with the almonds, heat the sugar, lemon juice and wine in a saucepan; add the figs, cover and cook until the figs are tender. Turn and baste often; serve with lady fingers or sponge cake.

FLOATING ISLAND

[By Mrs. S. F. Gaches]

Rich milk	1 quart
Cream	½ pint
Sugar	1½ tablespoonfuls
Eggs (whites)	4
Currant jelly	3 tablespoonfuls
Powdered sugar	1 tablespoonful

Method of mixing.—Add the cream to the milk, stirring it in by degrees, with the egg-beater. Then add the sugar. Beat the whites of the eggs to a stiff froth and add to them, little by little, the currant jelly and the powdered sugar. Keep beating until the mixture is a delicate pink. Put the milk and cream into a glass dish and put on the top of it with a tablespoon the beaten whites of the eggs until there are four or five bunches. On the top of each one of these place a small bit of jelly.

This must be eaten at once or the whites of the eggs will fall.

FOOD FOR THE GODS

[By Mrs. Edwin Burke]

Eggs	6
Granulated sugar	2 cupfuls
Baking powder	2 level teaspoonfuls
Cracker crumbs	9 tablespoonfuls
Dates	½ pound
English walnuts	1 pound (weight unshelled)

Method of mixing.—Separate the eggs and beat the yolks until light. Then add the sugar, the baking powder, the cracker crumbs (not *too* fine), the dates and the walnuts cut in pieces. Lastly add the beaten whites of the eggs. Line the tins with oiled paper. Turn the heat on in the oven as you place the cake in and bake until nicely browned. This quantity is enough for two medium sized tins. Serve with whipped cream, a spoonful of ice cream or wine sauce.

ITALIAN DESSERT

[By Mrs. H. W. Reynolds]

Sugar	1½ cupfuls
Eggs	6
Sherry	1½ cupfuls
Gelatine	1 tablespoonful

Method of mixing.—Beat the eggs separately. Dissolve the gelatine in a little cold water, then add the sugar, eggs and sherry and cook in a double boiler. When sufficiently cooked, remove from the fire and add the well beaten whites of the eggs after the mixture cools.

JELLY WHIP

[By Mrs. Thomas A. Street]

Eggs (whites of)	2
Sugar	2 tablespoonfuls
Jelly or jam	½ cupful

Method of making.—Beat the whites of the eggs to a stiff froth, add the sugar and jam, beat again and spread on slices of cake.

ORANGE GELATINE

[By Mrs. S. F. Gaches]

Orange juice	½ pint
Orange jello	1 package
Sugar	½ pound
Unsweetened condensed milk	1 pint can
Water	½ pint

Method of mixing.—Add the grated yellow rind of two oranges to the jello; add the sugar and the water (boiling), stir until the sugar and the jello are dissolved, add the orange juice and when the mixture is cold, put it in the freezer and stir slowly until it begins to freeze. Add the condensed milk and continue the freezing. Serve in glasses with the beaten whites of four eggs made into a *meringue* heaped on top. (This should serve eight people.)

ORANGE WHIP

[By Mrs. H. Eugene Stafford]

Gelatine	½ box (1 ounce)
Orange juice	1 pint
Sugar	2/3 cupful
Water	½ cupful

Method of mixing.—Cover the gelatine with the cold water, let it soak for half an hour, then stand it over hot water until dissolved. Add the sugar, stir until melted, then strain all into the orange juice and stand aside until partly jellied. When this stage is reached, whip the mixture with an ordinary egg-beater until the whole is like the beaten white of egg. Turn the mixture into a mold at once and stand aside to harden. This may be served plain or with compote of oranges.

Note.—This recipe will answer for all whips, using precisely the same proportions. For example, in making strawberry or raspberry whip, us a pint of the juice of either fruit. The juice from canned fruit is excellent and the whip made from it may be served with a French custard sauce made from three egg yolks and a pint of milk sweeted to taste. A little vanilla may be added.

PEACH AMBER

[By Mrs. Louis McCall]

Canned peaches	2 cupfuls
Sugar (granulated)	4 tablespoonfuls
Butter	3 tablespoonfuls
Lemon juice	2 tablespoonfuls
Eggs	3
Cherries	as many as required
Sugar (powdered)	2 tablespoonfuls
Pie pastry	for one pie

Method of mixing.—Soften the peaches by stewing slowly, then mash through a sieve and add the sugar, butter, lemon juice and yolks of the eggs. Line a pudding dish with the pie pastry and fill with the peach mixture. Bake in a moderate oven until the pastry is cooked and the peach mixture set. Beat the whites of the eggs to a stiff froth, then beat in the powdered sugar and add a few drops of lemon juice. Pile this *meringue* on top of the pudding, decorate with cherries and place in a cool oven to become browned.

This is delicious with whipped cream.

PEACH TRIFLE

[By Mrs. Charles F. Massey]

Peach syrup	1 cup
Canned peaches	quantity desired
Cornstarch	2 tablespoonfuls
Sugar	2 tablespoonfuls
Lemon juice	2 tablespoonfuls
Cinnamon	½ teaspoonful
Salt	a few grains
Whipped cream Slices of cake Cherries	quantity desired

Method of preparing.—Put halves of peaches on the slices of cake and pour over them a sauce made by thickening the peach syrup with the cornstarch and adding the sugar, lemon juice, cinnamon and salt. Garnish each serving with whipped cream and a cherry.

PINEAPPLE PUDDING

[By Mrs. Charles F. Massey]

Milk	3 cupfuls
Pineapple syrup	from one can sliced pineapple
Sugar	1 cupful
Cornstarch	½ cupful
Salt	½ teaspoonful
Water	½ cupful
Butter	1 teaspoonful
Lemon juice	from ½ lemon
Canned pineapple	½ can
Egg whites	3
Whipped cream	as needed

Method of mixing.—Heat the milk with the syrup from one can of sliced pineapple; mix the sugar, cornstarch and salt with the water and add to the milk; add the butter and cook until thick, then remove from the fire. Add the lemon juice and one-half can of pineapple cut in crushes. Fold in the stiffy beaten whites of the eggs and turn into a mold. When firm, take from the mold and garnish with the remaining half can of pineapple and whipped cream.

This will serve eight people.

PINEAPPLE RICE

[By Mrs. H. Eugene Stafford]

Pineapple	1
Rice	½ pint
Sugar	6 tablespoonfuls
Water	3 quarts

Method of mixing.—Pare and pick a pineapple into small pieces with a fork, rejecting the core, cover it with six tablespoonfuls of sugar and stand aside for an hour. Wash through several cold waters one-half pint of rice, put it into three quarts of boiling water, boil rapidly for twenty minutes, drain in a colander and stand it at the oven door a moment until perfectly dry. Heap the rice in the center of a flat dish, making it smooth over the top. Arrange the pineapple over the rice, letting the juice soak into it and serve with sugar and cream.

Apples may be used in place of pineapple.

PUDDING DE MINISTRE

[By Mrs. H. Eugene Stafford]

Eggs (yolk of)	8
Brandy	1 glassful
Grated lemon rind	1 lemon
Milk	1 pint
Some sponge cake or any light cake	quantity desired
Macaroons	18
Dried cherries	a few
Candied citron	a few pieces

Method of mixing.—Make a custard from the egg yolks, milk, brandy and grated lemon rind. Do not cook it,—merely mix it together. Line a buttered mold with the dried fruits, fill alternately with squares of cake and macaroons, then pour over the raw custard. Steam for one hour and a half. Serve with hard sauce in which has been stirred a small glassful of wine of any flavor preferred.

PUDDING A LA VIENNOISE

[By Mrs. H. Eugene Stafford]

Breadcrumbs	12 ounces
Madeira	2 glassfuls
Lemon rind	2 lemons
Almonds	2 ounces
Malaga raisins	6 ounces
Egg yolks	8
Burned sugar	2 ounces
Granulated sugar	6 ounces
Good milk	1 pint

Method of mixing.—Rub the lemon rind on the sugar until all is absorbed. Mix with the breadcrumbs, raisins, madeira and almonds. When the wine is all absorbed add to the mixture a burned custard which has been made with the egg yolks, burned sugar and milk. Fill a pudding mold with the mixture and steam for one hour and a half. Serve with a hard sauce or, if preferred, a French custard sauce.

QUICK DESSERT

[By Edith M. Gideon]

Peaches	1 can
White of eggs	4

Method of preparing.—Place the peaches in a pudding dish, pour the whites of the eggs, whipped into a *meringue*, over them and put the dish into the oven to heat through and to brown the meringue. This is delicious dessert.

RUSK PUDDING

[By Mrs. H. Eugene Stafford]

Rusks	12
Eggs	6
Milk	1 pint
Sugar	6 ounces
Maraschino	1 glassful
Dried cherries	4 ounces
Salt	a pinch
Raspberry jam	as needed

Method of mixing.—Butter a plain mold and arrange the cherries around the sides and bottom of it. Make a plain custard from the eggs, milk, sugar, salt and maraschino. Dip the rusks in the custard and place them in the mold with layers of raspberry jam between each layer of rusks. Fill up the mold with the remainder of the custard, and steam it for about one hour, or a little longer. Serve with German custard sauce.

SPONGE PUDDING

[By Mrs. C. S. Salmon]

Flour	½ cupful
Milk	2 cupfuls
Sugar	½ cupful
Butter	½ cupful
Eggs	5
Vanilla	1 teaspoonful

Method of mixing.—Scald flour and milk, stirring constantly. When cool add the creamed butter and sugar and the well beaten yolks of eggs; then fold in carefully the well beaten whites of eggs and bake for forty-five minutes in a pudding dish placed in pan of boiling water. Serve with hard sauce.

STRAWBERRY SAGO

[By Mrs. H. Eugene Stafford]

Sago	½ pint
Strawberries	quantity desired
Water	1½ pints

Method of mixing.—Wash a half pint of sago through several cold waters, cover with a pint and a half of cold water and soak for two hours, then cook in a double boiler until clear. Stem and wash the strawberries, put into a serving dish and when the tapioca is cool, not cold, pour it over the berries and stand aside until perfectly cold. Serve with sugar. A French custard sauce may be served in place of the sugar.

NOTE.—Raspberries, blackberries or pineapple may be used in place of strawberries.

STUFFED PEARS

[By MRS. S. F. GACHES]

Canned pears	1 can
Appricot or orange marmalade	4 tablespoonfuls
Almonds (chopped)	½ pound
Boiled soft rice	quantity desired
Whipped cream	quantity desired

Method of mixing.—Take canned pears and stuff them with apricot marmalade which has the chopped almonds added to it. Make a deep cavity in the center of each pear so as to hold as much of the stuffing as possible. Put two halves together, holding them with toothpicks. Arrange in a glass dish a thin layer of the boiled rice upon which a layer of sweetened whipped cream has been spread. Arrange the stuffed pears upon this in a circle and fill the center with the mixture of the marmalade and nuts. Serve cold. (Peaches may be used.)

TRIFLE PUDDING

[By MRS. H. EUGENE STAFFORD]

Macaroons	½ pound
White wine	½ pint
Yolks of eggs	12
Vanilla	1 stick
Sugar	2 tablespoonfuls
Almonds	12
Milk	1 can
Whipping cream	1 can
Gelatine	1 heaping tablespoonful
Strawberry jam	1 can
Salt	a pinch

Method of mixing.—Pour the wine over the macaroons and let stand for an hour, then take up the cake and place it in a glass bowl and put over it a layer of strawberry jam.

Make a custard from the egg yolks which have been creamed with the sugar and added to the milk which has first been scalded. Put the mixture into a double boiler and cook until it coats a spoon. Take from the fire and set the pan into a bowl of water to arrest the cooking. Add the vanilla, salt and the gelatine which has previously been dissolved in a little water. Stir for ten minutes and set aside to cool, preferably in the ice-box, then pour over the macaroons. Whip the cream, sweeten with a little powdered sugar, add a pinch of salt and dot the cream over the custard. Strew the top with the almonds which have been shredded. Serve at once. This can also be served in individual glasses if preferred. It is an old English dessert.

UNCOOKED FRUIT WHIP

[By Mrs. Louis McCall]

Eggs	5
Fruit pulp	1 cupful
Sugar	½ cupful
Lemon	½ cupful

Method of mixing.—Beat the whites of the eggs very stiff. Fold into the beaten whites, very carefully, the fruit pulp into which has been stirred the lemon juice and sugar. Then turn into a serving dish and set in the ice-box until serving time. Use the yolks of the eggs to make a soft custard and pour this around (not over) the whip when serving. Seedy fruits should be pressed through a sieve.

WALNUT CROQUETTES WITH RAISIN SAUCE

[By Mrs. A. J. Grant]

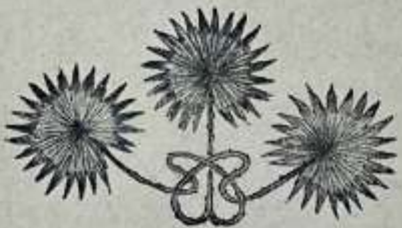
Breadcrumbs (stale, ground)	1 cupful
Milk	1 cupful
Onion (juice of)	1/3 teaspoonful
Walnut meats (broken)	¾ cupful
Salt	½ teaspoonful
Pepper	few grains
Egg yolks (slightly beaten)	2

Method of mixing.—Mix ingredients in the order given, form into croquettes, roll in extra crumbs, dip in slightly beaten egg yolks and roll again in breadcrumbs. Fry until brown and serve with raisin sauce.

RAISIN SAUCE

Raisins (quartered)	1 cupful
Cold water	1½ cupfuls
Sugar	½ cupful
Lemon (juice of)	½

Method of mixing.—Simmer raisins in the water until soft, then add the sugar and boil for fifteen minutes. Just before serving flavor with lemon juice.



Anahaw

ICE CREAMS

[By **Mrs. S. F. Gaches**]

Mrs. Rorer says that the richness and deliciousness of ice creams is in the freezing. Few people realize this importance. The following rules for freezing and packing, given by her in one of her latest books, will help guide the cook and housewife in the making of frozen desserts:

TIME FOR FREEZING

The time for freezing varies according to the quality of cream, milk or water used. Water ices require a longer time to freeze than do ice creams. It is not well to freeze the mixture too rapidly. It is apt to turn out too coarse and not smooth. If the mixture is churned before it is icy cold, it will turn out greasy or "buttery." The average time for freezing two quarts of cream should be fifteen minutes if the freezer is properly packed. It takes but a minute or two longer for larger quantities. Ice cream is not good if frozen too quickly.

Avenue of coconut trees

DIRECTIONS FOR FREEZING

Put the ice into a large, strong burlap bag and break it with a hammer or ice mallet. The finer the ice the less time it takes to freeze the cream. A four-quart freezer will require ten pounds of ice and three pints of coarse rock salt. The freezer may be packed with a layer of ice three inches thick, then a layer of salt one inch thick, or the ice and salt may be mixed together in a tub and shovelled around the freezer. Before beginning to pack the freezer, turn the crank to see that all the machinery is in working order. Then open the can, which has previously been *washed* and *boiled* and turn in the mixture that is to be frozen. Turn the crank slowly and steadily until the mixture begins to freeze, then more rapidly until it is completely frozen.

TO REPACK

After the cream is frozen, wipe off the lid of the can and remove the crank. Take off the lid, being careful not to allow any salt to fall into the can. Take out the dasher and scrape off the cream from it. With a large knife or spatula scrape the cream from the sides of the can, and work and pack it down until it is perfectly smooth. Put the lid back on the can, cork up the hole in the lid through which the dasher works, draw off the water, repack and cover the whole with a piece of brown paper and stand aside for one or two hours to ripen.

TO REMOVE ICE CREAMS, ICES, AND PUDDINGS FROM MOLDS

As cold water is warmer than the ordinary freezing mixture, after the can or mold is lifted from the freezer, wipe off the salt and hold it for a minute under the cold water spigot. Then quickly wipe the top and bottom of the mold and remove the lid. Loosen the mixture with a limber knife, hold the mold a little slantwise, give it a shake, and nine times out of ten the frozen product will come out quickly having the perfect shape of the mold. If the mixture still sticks to the mold and will not come out, wipe the mold with a towel wrung out of warm water. Hot water spoils the gloss of the frozen cream or pudding and unless one is an expert in using it the cream melts quickly, which is a great disadvantage when it is desired to garnish it.

ALMOND ICE CREAM

[By Mrs. S. F. Gaches]

Cream	1 quart
Shelled almonds	4 ounces
Sugar	8 ounces
Caramel	1 teaspoonful
Vanilla extract	1 tablespoonful
Sherry	4 tablespoonfuls

Method of mixing.—Blanch the almonds and pound smooth in a mortar. Boil half the cream and sugar together and stir, add the remainder of the cream and almond paste and set away to cool. Add the vanilla, caramel and sherry; freeze and pack for two hours. Serve in slices with a thin apricot sauce. Put the sauce in a small pitcher in order to pour easily over the cream.

APRICOT ICE CREAM

[By Mrs. E. Moffatt]

Sugar	6 ounces
Evaporated milk	1 quart
Apricots	1 quart can

Method of mixing.—Put half the milk and all the sugar over the fire in a double boiler and stir until the sugar is dissolved. Take from the fire and when cold add the remaining cream. Turn the mixture into the freezer and when frozen fairly stiff, add the apricots which have been pressed through a colander. Return the lid, adjust the crank and turn slowly for five minutes, then remove the dasher and repack for one and one-half hours.

BANANA ICE CREAM

[By Mrs. S. F. Gaches]

Bananas	6 large ones
Sugar	¼ pound
Condensed milk	½ pint can
Water	½ cupful
Lemon (juice of)	1

Method of mixing.—Press the bananas through a sieve and add the lemon juice and sugar. Stand aside a half hour, add milk and water, stir until the sugar dissolved; then freeze, but freeze slowly and repack for one hour.

COCONUT ICE CREAM

[By Mrs. A. D. Williams]

Coconut (grated)	1
Sugar	4 tablespoonfuls
Cream (evaporated)	½ can
Water (cold)	a little
Boiling water	2 tablespoonfuls

Method of mixing.—To the sugar add a little water and boil to a syrup. To the grated coconut add two tablespoonfuls of boiling water and press through a wire sieve; then add the syrup and the half can of evaporated cream.

CURACAO ICE CREAM

[By Mrs. S. F. Gaches]

Cream	1 quart
Curacao	2 tablespoonfuls
Sugar	½ pound
Orange blossom water	2 tablespoonfuls
Oranges (juice of)	2

Method of mixing.—Put the sugar and half the cream over the fire in a double boiler; when the sugar is dissolved take the mixture from the fire and when cold add the curacao, orange juice and orange blossom water; then add the remaining cream and freeze.

Note.—Fresh cream or canned cream may be used but the fresh cream makes it more delicious.

FRENCH ICE CREAM

[By Mrs. H. Eugene Stafford]

Cream or good milk	1 quart
Yolks of eggs	8
Vanilla bean	1
Sugar	¼ pound
Salt	pinch

Method of mixing.—Put the cream or milk in a double boiler. When scalding hot, pour it over the yolks of the eggs which have first been stirred to a cream with the sugar. Return to the double boiler until the eggs are cooked. Take from the fire. Cut the vanilla bean lengthwise to expose the small black kernels. With a silver spoon scrape these into the cream. Afterward drop in the whole bean to infuse until time to freeze. Add the pinch of salt. Let stand until cool. Strain through a fine sieve. Freeze. Serve with *meringues*.

FRESH COCONUT ICE CREAM

[By MRS. CHARLOTTE R. SLEEPER]

Coconuts (grated meat)	3
Boiling hot water	½ pint
Sugar	2 teacupfuls
Vanilla	1 tablespoonful

Method of mixing.—Grate the coconuts and pour boiling hot water over the meat, then strain, squeeze, add sugar, vanilla and freeze. When coconuts are very large, use less meat and more water or, if every rich cream is desired, use less water and more meat of the coconut.

FROZEN BANANAS

[By MRS. S. F. GACHES]

Large bananas	6
Powdered sugar	½ pound
Water	1 quart
Grated lemon peel	rind of 1 lemon

Method of mixing.—Cut the bananas into thin slices and add the sugar. Let stand for one-half hour. Then add the water and grated lemon peel. Pour into freezer and freeze as ordinary ice cream.

FROZEN EGGNOG

[By MRS. A. D. WILLIAMS]

Eggs	10
Sugar	12 tablespoonfuls
Rye whiskey	10 tablespoonfuls
Cream (evaporated)	2 cans

Method of mixing.—Beat the yolks of the eggs until fluffy, add the sugar, whipping it into the eggs with the egg-beater. Then pour in gradually, whipping constantly, the whiskey, then the cream. Then whip into this the whites of the eggs beaten to a stiff froth. Freeze.

FROZEN PLUM PUDDING

[By Mrs. C. S. Salmon]

Evaporated milk	3½ cupfuls
Boiled water	1 cupful
Eggs (yolks of)	6
Salt	¼ teaspoonful
Sherry	¼ cupful
Candied fruit	¾ cupful
Blanched and chopped almonds	½ cupful
Sultan raisins	1/3 cupful
Dried and crumbed macaroons	½ cupful
Sugar	1½ cupfuls

Method of mixing.—Make a custard of one cupful of the evaporated milk, half of the sugar and the yolks of the eggs; also add the salt. Caramelize the remaining sugar and add it to the hot custard. Strain, cool, add the remaining ingredients and freeze. Then mold.

Note.—If a baked ice cream is desired, use whites of eggs for a meringue and bake.

FROZEN PUDDING WITH A COMPOTE OF ORANGES

[By Mrs. H. Eugene Stafford]

Yolks of eggs	3
Cream	1 pint
Water	1 pint
Sugar	½ pound
Chopped candied fruit	¼ pound

Method of mixing.—Beat the yolks of the eggs to a cream; boil the sugar and water. Five minutes after the sugar and water begins to boil add a little of the syrup to the yolks, mix, then return it to the saucepan and beat over the fire for about one minute. Take from the fire, stand the saucepan in a pan of cold water and beat the mixture until cold, changing the water or adding ice. Add the chopped fruit to the cold egg mixture, then freeze slowly until quite hard. Remove the dasher and stir in the cream that has been whipped to a stiff froth and drained. Cover the freezer and repack. Let stand for at least two hours. When ready to serve, dip the can quickly in warm water and turn the pudding out on a round dish. Arrange the compote around it quickly and serve at once.

COMPOTE OF ORANGES

[By Mrs. H. Eugene Stafford]

Nice oranges	6
Sugar	1 pound
Lemon	1
Sherry or white wine	1 cupful
Water	½ pint

Young coconut tree

Method of mixing. — Separate the oranges into carpels without tearing the thin membrane covering each carpel. Boil the sugar with the lemon juice and a half pint of water for five minutes or until the syrup will spin a light thread; take it from the fire and add the oranges, mixing them with the hot syrup. Cover and set aside to cool. Add the wine at serving time.

The compote must be very cold or it will melt the pudding.

LEMON SHERBET

[By Mrs. H. W. Reynolds]

Lemons	4
Orange	1
Sugar	2 cupfuls
Milk	4 cupfuls

Method of mixing. — Squeeze the juice from the lemons and orange and add the grated rind of the orange. Put the sugar in the freezer, then the fruit juice, then the milk. Do not stir at all. The freezing will mix the ingredients without curdling.

MANGO MOUSSE

[By Mrs. F. W. Butler]

Mangoes	3
Whipping cream	1 can
Powdered sugar	6 tablespoonfuls

Method of mixing.—Mash and drain the mangoes; whip the cream and add to the fruit and sugar. Seal in a tightly covered container and pack in ice and salt for two or three hours, or pack in super-freezer.

MINT SHERBET

[By Mrs. S. F. Gaches]

Mint	3 dozen stalks
Sugar	½ pound
Water	1 quart
Lemons (juice of)	3
Green coloring	3 tablespoonfuls

Method of mixing.—Strip the leaves from the stalks of the mint, chop them to a pulp and rub them with the sugar. Add the water, boil five minutes and when cold add the green coloring and the juice of the lemons. Strain and freeze, turning slowly; remove and repack for one hour.

Serve with mutton or lamb in the hot season in place of mint sauce.

PINEAPPLE PARFAIT

[By Mrs. S. F. Gaches]

Gelatine	½ envelope
Hot boiled rice	2 cupfuls
Milk	1½ cupfuls
Cream	1 cupful
Chopped nut meats	1 cupful
Sugar	1 cupful
Salt	¼ teaspoonful
Vanilla	1 teaspoonful
Pineapple	as necessary

Method of mixing.—Soak the gelatine in the milk for ten minutes; dissolve in the hot rice; add the sugar and salt. When cool, fold in the cream beaten stiff; add the nut meats and flavoring; turn into a wet mold and pack in ice and salt. Before serving, cut round slices of canned pineapple across the center and decorate the molded gelatine with them.

Note.—Brown rice is delicious and has more nourishment than the white.

PINEAPPLE SHERBET

[By Mrs. Charles F. Massey]

Natural milk	1 can, or
Evaporated milk	½ can
Water	½ can
Sugar	1 tablespoonful
Lemon juice	½ lemon
Pineapple (crushed)	½ can

Method of mixing.—Add the fruit, lemon juice and sugar to the milk. Freeze at once.

VALHALLA ICE

[By Mrs. E. Moffatt]

Green gage plums	1 can (2-pound can)
Sugar	to taste
Cold water	as needed

Method of mixing.—Mash the plums and sift through a fine sieve or strainer. Sweeten to taste and add as much water as will fill the can which contained the plums. Freeze as any ice.

Note.—This is a very refreshing ice.

Sampaguita

PIES AND TARTS

PIE CRUST

[By Mrs. S. F. Gaches]

Flour	2 cupfuls
Lard	2 tablespoonfuls
Butter	2 tablespoonfuls
Salt	1 tablespoonful
Ice water	½ teacupful

Method of making.—Mix the flour, lard, butter and salt together with the hands and then add, slowly, the ice water, cutting the water into the dough with a silver knife. Do not use the hands. Turn the dough onto a floured pastry board and roll out thin to fit the pie plates.

CHERRY PIE

[By Mrs. Thomas A. Street]

Canned cherries	1 can
Sugar	½ cupful
Lemon juice	1 lemon

Method of making.—Line a baking dish with pie crust and bake in a hot oven until light brown. Heat the cherries, which have been pitted, in their own syrup to which the lemon juice and sugar have been added. Fill the pie crust, put a lattice of thin strips of crust over all and bake again until brown.

CREAM CARAMEL PIE

[By Mrs. R. W. Berdeau]

Brown sugar	1 cupful
Butter	1 tablespoonful
Flour	1 tablespoonful
Eggs	2
Milk	½ cupful
Boiling water	½ cupful

Method of making.—Cream together the sugar and butter; add the beaten yolks of the eggs, the milk and flour; then pour the boiling water over the mixture slowly until dissolved and boil until thick. Fill a pie crust already baked. Cover the top of the pie with a *meringue* made of the whites of eggs.

KISS PIE

[By Mrs. S. F. Gaches]

Whites of eggs	12
Sugar	2 cupfuls
Jam Whipped cream	amount necessary

Method of making.—Beat the whites of the eggs for twenty minutes. Add the sugar and beat for twenty minutes. Bake in two square tins for forty minutes and cover with jam and whipped cream.

LANZONES PIE

[By Mrs. E. Moffatt]

Lanzones	enough for one pie
Sugar	to taste
Nutmeg	to flavor
Pie crust	enough for one pie

Method of preparing.—Skin and seed the lanzones, taking great care to remove all traces of the green, bitter seed. Line a deep pie dish with short pie crust, fill with the skinned and seeded lanzones, piling high in the middle like an apple pie; sprinkle over the sugar and nutmeg, cover with pie crust and bake in a medium oven until the crust is a nice brown color and the fruit is thoroughly cooked.

LEMON CHIFFON PIE

[Mrs. J. C. Vickers]

Eggs (yolks of)	4
Sugar	1 scant cupful
Salt	a pinch
Butter	1 teaspoonful
Grated lemon rind	to flavor
Lemon (juice of)	1

Method of preparing.—Beat the yolks of eggs until thick; add the remainder of the cupful of sugar (after having taken out 2 tablespoonfuls for the meringue); add butter, lemon juice and the grated lemond rind. Cook in a double boiler until thick, stirring constantly. Remove from the fire and let cool. Beat the whites of the eggs until very stiff and fold in the two tablespoonfuls of sugar and add this to the cooked mixture. Fill a pie crust already baked, and cover the top with an extra meringue made of the whites of eggs. Bake in a moderate oven for 15 to 20 minutes to brown the meringue.

MERINGUE

Eggs (whites of)	3
Granulated sugar	3 teaspoonfuls
Lemon juice	3 drops

Method of making.—Beat the whites of the eggs to a stiff froth, add the sugar and lemon juice.

RAISIN PIE

[By Mrs. Charles F. Massey]

Raisins	2 cupfuls
Boiling water	1½ cupfuls
Sugar	½ cupful
Cornstarch	2 tablespoonfuls
Lemon juice	2 tablespoonfuls
Grated lemon rind	1 tablespoonful
Orange juice	from 1 orange
Grated orange rind	1 tablespoonful
Chopped walnuts	1 cupful

Method of making.—Cook the raisins in boiling water for five minutes, add the sugar and cornstarch mixed and cook until thick. Remove from the fire and add the other ingredients. Bake between two crust. Walnuts may be omitted if desired.

SQUASH PIE

[By Mrs. Louis McCall]

Steamed squash	1½ cupfuls
Heavy cream	1 cupful
Sugar	1 cupful
Eggs	3
Brandy	4 tablespoonfuls
Cinnamon	¾ teaspoonful
Nutmeg	¾ teaspoonful
Ginger	¾ teaspoonful
Salt	¾ teaspoonful
Mace	¼ teaspoonful
Pie paste	enough for one pie

Method of making.—Strain the steamed squash, add the heavy cream, sugar, eggs slightly beaten, spices and brandy. Brush the pie paste over with white of egg slightly beaten and sprinkle with stale breadcrumbs. Bake the crust a little before filling with the squash mixture. Bake the pie in a moderate oven.

STRAWBERRY PIE

[By Mrs. S. F. Gaches]

Baked pie crust	1
Fresh strawberries	amount necessary
Boiled icing	

Method of making.—Fill a deep baked pie shell with fresh dry strawberries and cover with boiled icing made a little thinner than for a cake. Brown lightly in the oven.

SHORT PASTE FOR TARTS

[By Mrs. H. Eugene Stafford]

Flour	1 pound
Butter	½ pound
Salt	1 saltspoonful
Sugar	2 ounces
Eggs	3
Water	¼ pint

Method of making.—Spread the flour out on a cold slab scooping a hollow place in the center into which put the butter, sugar, salt and water. Then break the eggs into it and work all together until it forms a firm paste. Roll out, cut and line tart molds with the paste, then bake until done. When cold, fill with compote of fruit or a custard flavored with vanilla, lemon or chocolate.

APPLE TART

[By Mrs. H. Eugene Stafford]

Apples	1 dozen
Butter	2 ounces
Sugar	6 ounces
Lemon rind	1 lemon
Apricot jam	½ pound

Method of making.—Pare and core the apples, cut in rather thin slices, put into a saucepan with the other ingredients and cook over a slow fire until the apples are cooked. Set aside to cool. Make a tart paste using the recipe given before, fill with the mixture and bake until the paste is done. Serve with plain or with whipped cream.

APPLE TARTLETS No. 1

[By MRS. H. EUGENE STAFFORD]

Apple marmalade	quantity desired
Sugar	
Egg	
Tart paste	

Method of making.—Make some tart paste as before directed. Roll it out rather thin, cut in rounds of a size to fit small molds; line the molds with the paste and fit it in well, pinching the edges to make it fluted. Fill with apple marmalade, cover with fine strips of the paste put on lattice fashion; brush over with egg and shake a little sugar over each one. Bake the tarts a light brown color.

APPLE TARTLETS No. 2

[By MRS. H. EUGENE STAFFORD]

Apples	quantity desired
Sugar	
Lemon juice	
Apricot jam	
Preserved cherries	

Method of making.—Quarter the apples and simmer them in a syrup made from the sugar, lemon juice and water. After the apples are cooked, line tartlet molds with tart paste made as described before, fill with the apples and mask them with apricot jam diluted with a little water. Bake until done, then decorate each tart with a preserved cherry set in the middle. This makes the tart look very pretty.

CHERRY TARTLETS

[By MRS. H. EUGENE STAFFORD]

Cherries	2 pounds
Sugar	1 pound
Tart paste	as necessary

Method of making.—Stone the cherries and put over the fire with the sugar. Toss well together and set on the side of the stove to cook slowly for about fifteen minutes. Then drain the cherries and cook the syrup until reduced to one-third the quantity. Add the cherries and set aside to cool.

Line a dozen small tart pans with tart paste made as before described. Knead as many small balls of paste as there are tarts, dip them into flour and press one into each tartlet. Bake in a moderate oven until nearly done, then take out the little balls of paste, shake some sugar over them and put them on the top shelf in the oven to brown nicely. Just before serving, fill the tart shells with the cherries and press one of the little browned balls of paste into the middle of each tart.

NOTE.—Any kind of canned fruit may be used, but the syrup must be boiled down. Take care that the fruit does not look messy, but has the appearance of fresh fruit.

Ilang-ilang

SANDWICHES

[By Mrs. Charles F. Massey]

GENERAL RULES FOR MAKING SANDWICHES

Use wheat, rye, entire wheat, graham or brown bread for sandwiches. The bread cuts better when it is a day old. Wrap the sandwiches, when made, in paraffine paper to keep moist or place in a tin box. Cream or wash the butter before spreading.

A DELIGHTFULLY DIFFERENT SANDWICH

[By Mrs. Louis McCall]

Home made bread	as much as necessary
Veal loaf	1 can
India relish	¼ bottle
Mayonnaise	1 or 2 tablespoonfuls
Hard boiled eggs	number desired

Method of making.—Mince the hard boiled eggs and add them to the veal loaf, the India relish and mayonnaise. Cut the bread into squares, very thin; remove crust and spread with softened butter, then spread with the sandwich mixture and roll each sandwich. The bread cannot be rolled unless it is cut very thin.

The dainty appearance of these sandwiches with their hint of mystery makes them a marked addition to either the outdoor or indoor luncheon or tea.

Estero in the Philippines

"True economy consists in using all of a good material rather than in buying an inferior quality."

CHICKEN AND NUT SANDWICH FILLING

[By Mrs. Charles F. Massey]

Cold roast chicken	
Chicken gravy	quantity desired
Chopped nuts	
Lemon juice	
Celery salt	

Method of making.—Chop the cold roast chicken fine and mix with a little chicken gravy. Mayonnaise can be used in place of the chicken gravy if desired. Add some chopped nuts, few drops of lemon juice and celery salt to season. Spread between slices of buttered bread.

DATE, FIG OR PRUNE SANDWICHES

[By Mrs. Charles F. Massey]

Dates, figs, or prunes	quantity desired
Lemon (juice)	

Method of making.—Remove the stones from the dates or prunes and cut the stems of the figs. Chop the fruit very fine and mix with lemon juice, enough to moisten. Spread between thin slices of buttered bread. Finely chopped walnuts may be mixed with the fruit.

EGG SANDWICHES

[By Mrs. Charles F. Massey]

Hard boiled eggs	4
Mayonnaise	1 tablespoonful
Pepper Salt ..	to taste
Slices of buttered bread	number required

Method of making.—Peel the eggs and chop the whites very fine. Grate the yolks and mix with the whites. Add salt and pepper and moisten with mayonnaise. Spread the mixture between slices of buttered bread.

FRUIT AND NUT SANDWICH FILLING

[By Mrs. Charles F. Massey]

Raisins	1 pound
Dates	1 pound
Walnuts (English)	½ pound
Oranges (juice of)	2
Lemons (juice of)	2

Method of making.—Grind the raisins, dates and walnuts and mix with the orange and lemon juice. When thoroughly blended put into a tightly covered glass jar. This filling will keep one week in summer time.

NUT AND DATE SANDWICHES

[By MRS. E. MOFFATT]

Walnuts	quantity desired
Seeded dates	
Rye or whole wheat bread	

Method of making.—Chop the walnuts with the seeded dates until fine, then spread between thinly sliced rye or whole wheat bread.

PEPPER SANDWICHES

[By EDITH M. GIDEON]

Peppers (crisp, green)	3
Bermuda onions	3
Mayonnaise	quantity desired
Bread	

Method of making.—Remove the seeds and put the peppers through a meat grinder; also grind the onions. Then mix ground peppers and onions with the mayonnaise (enough to moisten well) and spread between slices of sandwich bread.

POTTED CHEESE FOR SANDWICHES

[By MRS. CHARLES F. MASSEY]

Butter	1 tablespoonful
American cheese	¼ cupful
Cayenne pepper	½ tablespoonful
Yolk of egg	1
Cream	¼ pound

Method of making.—Melt the butter, add the cheese cut fine or grated. Stir until the cheese is melted, then stir in gradually the beaten egg yolk diluted with cream and cook, stirring constantly, until thick and smooth. When smooth, set aside to cool and when cold put into small jars. When ready to spread, if too hard or stiff, add enough butter or fresh cream to make smooth enough to spread between thin slices of bread.

SANDWICH FILLING

[By Mrs. R. W. Berdeau]

Pimiento	1 small can
Grated American cheese	½ pound
Minced celery	½ cupful
Minced sweet pickle	1 tablespoonful

Method of making.—Chop the pimiento very fine and mix thoroughly with the rest of the ingredients. Spread between slices of bread cut very thin into plain or fancy shapes.

SANDWICH FILLING

[By Mrs. S. F. Gaches]

Cottage cheese	1 cupful
Butter	1 tablespoonful
Maraschino cherries	½ cupful
Salt Pepper	to season

Method of making.—Cream the butter, add the salt and pepper, then the cheese. When thoroughly blended, add the maraschino cherries which have been chopped very fine. Mix well.

SANDWICHES A L'IMPERATRICE

[By Mrs. S. F. Gaches]

Thick mayonnaise	2 tablespoonfuls
Cucumber (chopped fine)	2 tablespoonfuls
Salt Pepper	to season
Bread Butter	as needed

Method of making.—Mix the mayonnaise and chopped cucumber together, add the seasoning and spread on thin slices of bread and butter. Cut the sandwiches to suit, in any attractive shape.

"Gather up the fragments that nothing be lost."

JELLIES, PICKLES, PRESERVES, ETC.

APPLE JELLY

[By HARRIET E. LYONS]

Evaporated apples	2 kilos
Sugar	as many cupfuls as juice
Lemon	1
Water	enough to cover apples well

Method of preparing.—Wash apples, place in a large stew kettle and cover well with water. Wash and slice one lemon and add to the apples. Let stand one hour. Cook slowly until apples are well done and let stand over night. In the morning strain the juice from the apples. Measure the juice and put it into a kettle (porcelain-lined preferred). Add an equal measure of sugar and boil until jelly will form.

BEET RELISH

[By MRS. G. A. CRESAP]

Cooked beets	1 quart
Cabbage	1 small head
Horseradish	1 cupful
Sugar	2 cupfuls
Salt	2 teaspoonfuls
Mustard	2 teaspoonfuls
Celery salt	2 teaspoonfuls
Vinegar	1 pint

Method of preparing.—Put the beets and cabbage through the meat grinder and add other ingredients in the order given. Let it stand for at least twenty-four hours before using. This keeps indefinitely but will change color if not kept in a dark place.

NOTE:—About one-third cupful of dry horseradish soaked in water equals one cupful after soaking for ten minutes.

CHICO BUTTER

[By MRS. SUSIE M. BUTTS]

Large, ripe chicos	quantity desired
Granulated or light brown sugar	
Lime juice	

Method of preparing.—Wash, pare and remove the seeds from large, ripe chicos. Measure the fruit and add an equal quantity of granulated or light brown sugar. For each cupful of fruit add four tablespoonfuls of lime juice. Boil all together for ten minutes only. Longer boiling at this time makes the fruit leathery. Remove from the fire, mash and put through a colander. Return to the fire and boil until thick. Seal in sterilized glasses or jars.

CHILLI SAUCE

[By Mrs. Louis McCall]

Tomatoes (large, half-ripe)	12
Onions	2
Bell peppers	4
Chilli	1
Vinegar	2 teacupfuls
Salt	1 teaspoonful
Cloves	1 teaspoonful
Allspice	1 teaspoonful
Cinnamon	1 teaspoonful
Nutmeg	½ teaspoonful
Sugar	4 tablespoonfuls

Method of preparing.—Cut the vegetables fine. Put the sugar, vinegar, salt and all the spices into a preserving kettle and bring to a boiling point, then add the vegetables and let simmer for about two and a half hours, when the mixture should be thick. More chilli peppers may be added if a hotter sauce is desired. Canned tomatoes may be used, but if fresh ones are used they should be scalded and skinned first.

CITRUS MARMALADE

[By Mrs. W. G. Avery]

Oranges	3
Lemons	3
Grapefruit	1
Sugar	3 cupfuls

Method of preparing.—Peel the fruit and cut the skins in thin shavings. Remove the fiber from the pulp and then measure pulp and skins, adding three times as much water, and soak over night. The next morning add the sugar and cook until thick.

DUHAT JELLY

[By Mrs. Susie M. Butts]

Duhat	quantity necessary
Sugar	
Lemon or lime juice	

Method of preparing.—Select fruit that is just ripe, sort and wash it. Add enough water barely to cover the fruit. Cook until soft, then pour into a jelly bag and strain into an enameled vessel. Do not squeeze the bag. Boil the juice for thirty minutes. To each cupful of juice add one cupful of sugar; add two tablespoonfuls of lemon or lime juice to every four cupfuls of duhat juice. Stir until the sugar dissolves. Cook for ten minutes. Test. As soon as it jellies, pour into sterilized glasses and seal.

GREEN PEPPER RELISH

[By Mrs. N. E. Thompson]

Green peppers (large)	12
Red peppers	12
Onions	12
Brown sugar	2 cupfuls
Boiling vinegar	2 cupfuls
Salt	1½ level tablespoonfuls
Cloves (whole)	4

Method of preparing.—Take seeds and stems from peppers, chop fine with onions, cover with boiling water and let stand for fifteen minutes. Drain and add boiling vinegar, sugar, salt and cloves; then boil for twenty minutes. Allow to get cold before putting in jars. Cover tightly. This will keep several months.

GUAVA JELLY

[By Mrs. Susie M. Butts]

Guavas	quantity necessary
Sugar	
Lime juice	

Method of preparing.—Select sound, fresh, ripe guavas. Wash them, remove spots and cut in pieces, dropping the fruit as it is cut into cold water to prevent discoloration.

When the fruit is all prepared, put it into a kettle, half cover with cold water and cook until soft, stirring frequently to prevent burning. Remove from the fire, mash, and strain through two thicknesses of cheesecloth. Return the juice to the fire, removing the scum as it rises, and boil until no more scum forms. Remove from the fire and strain. Add lime juice to suit the taste. Heat the sugar in the oven and to each cupful of juice add one cupful of hot sugar. Return to the fire, remove all scum as it rises, and boil until a little of the syrup hardens when cooled in a spoon. Seal in small, sterilized glass jars.

Cooking pot

NOTE.—An equal proportion of santols and guavas makes a good jelly.

GUAVA JELLY

(With kamias and rose geranium)

[By MRS. CHARLOTTE R. SLEEPER]

Guavas Kamias Rose geranium leaves Water Sugar	quantity needed

Method of preparing.—Rinse the fruit, slice into water to avoid discoloration and boil until soft in water about one-half the volume of the sliced fruit, stirring frequently to prevent burning. Remove from the fire and squeeze through a double cheesecloth. To each pint of juice add one pint of sugar and one tablespoonful of kamias juice extracted in the same way as the juice of the guavas. Boil until jelly forms on the spoon, skimming well in the meantime. Before taking from the fire, add two rose geranium leaves and remove them before putting the jelly into glasses.

PICKLED KAMIAS

[By Mrs. Charlotte R. Sleeper]

Kamias	quantity necessary
Salt	
Water	

Method of preparing.—Make a brine of salt and water strong enough to float an egg, using boiling water, and pour over the kamias which have been prepared as for spiced kamias.

PICKLED LIMES

(New England style)

[By Mrs. Charlotte R. Sleeper]

Limes	quantity necessary
Salt	
Water	

Method of preparing.—Prepare the same as for pickled kamias.

PICKLED PINEAPPLE

[By Mrs. S. F. Gaches]

Pineapple	14 pounds
Sugar	7 pounds
Vinegar	7 pints
Cloves	2 tablespoonfuls
Peppercorns	2
Cinnamon sticks (broken in small pieces)	2

Method of preparing.—Peel the fruit, taking care to remove all the little eyes, then cut into slices about one-eighth of an inch thick and cut each slice again into quarters. Tie up the cloves, peppercorns, and cinnamon in a cloth; put the vinegar, sugar, and spices into a kettle and allow to boil for twenty minutes before adding the fruit. Boil all together until the fruit is cooked, about one hour. Remove the fruit from the syrup and place in jars. Let the syrup boil for ten minutes longer and then pour over the fruit. Seal at once.

PICKLED WATERMELON RIND

[By Mrs. S. F. Gaches]

Fruit	7 pounds
Vinegar	1 quart
Sugar	3½ pounds
Cloves	2 ounces
Cinnamon bark	2 ounces
Alum	1 teaspoonful
Water	½ gallon
Fresh ginger	3 ounces

Method of preparing.—Use the watermelon with as deep a rind as possible, cutting the green part away from the rind. Cut the rind in one inch squares and soak it in alum water for twenty-four hours, then wash off in fresh water until thoroughly cleansed. Boil in fresh water until clear and tender enough for a wooden toothpick to penetrate easily. Remove from the fire and drain. Tie up the spices in a bag; boil the sugar, vinegar, and spices together until they begin to thicken, then add the fruit to the syrup. Boil slowly all day umtil the watermelon takes on a beautiful amber color and the juice thickens. Taste the mixture occasionally while cooking and if it is a little too sharp, add more sugar; if too sweet, add a little vinegar. Be very careful not to scorch the pickle while cooking. It is an excellent idea to put an asbestos mat under the kettle. When cool, put the pickle into jars and seal with parraffin.

PRESERVED MANGOES

[By Mrs. Susie M. Butts]

Large green mangoes	quantity necessary
Granulated sugar	
Water	

Method of preparing.—The mangoes should be green enough to be firm but not hard. Wash, pare them, and cut the pulp away from the seeds, in slices. Make a syrup from the sugar and water in the proportion of two cupfuls of sugar to one cupful of water; boil for five minutes and remove the scum. Drop the slices of mango into the syrup and cook until transparent. Seal in sterilized glass jars.

RHUBARB CONSERVE

[By Mrs. E. Lyons]

Rhubarb	3 pounds
Sugar	3 pounds
Oranges	5
Raisins	1 pound
Walnuts	1 cupful

Method of preparing.—Wash and remove thick skin from the rhubarb. Slice, add sugar and oranges (sliced and diced, first removing the skin). Add raisins and cook slowly. Before removing from the fire add the chopped walnuts.

RHUBARB MARMALADE

[By Mrs. Harriet E. Lyons]

Rhubarb	1 quart, canned
Oranges	4
Sugar	to taste

Method of preparing.—Skin the four oranges and cut into small pieces. Add to rhubarb and sugar and cook until it measures about three cupfuls.

ROSELLE JELLY

[By Mrs. Susie M. Butts]

Fruit	quantity necessary
Sugar	

Method of preparing.—Wash the roselle calyxes, put them in a granite-ware saucepan, cover with water and boil until soft. Strain through a jelly bag. Measure the juice and add an equal amount of sugar. Cook until jelly forms (from ten to twenty minutes).

SANTOL JELLY

[By Mrs. Susie M. Butts]

Ripe santols	quantity necessary
Granulated sugar	

Method of preparing.—Select ripe santols, wash, cut in small pieces and drop at once into cold water to prevent discoloration. When the fruit is all prepared, put it into a kettle, nearly cover with cold water and boil until soft.

Remove from the fire, mash and squeeze through two thicknesses of cheesecloth. Return the juice to the fire, remove the scum as it rises and boil until no more scum forms. Remove from the fire, strain again, measure the juice and return to the fire. When it boils, add one cupful of hot granulated sugar, which has been heated in the oven, to each cupful of juice. Remove the scum as it rises and boil the juice until a little of it hardens when cooled in a spoon. Seal in small sterilized glass jars. Keep in a cool, dry, dark place.

SANTOL [1] PRESERVE

[By Miss Cornelia Lichauco]

Santols	1 dozen
Sugar	2 cupfuls
Water (cold)	2 cupfuls
Lemon	1
Boiling water	enough to cover

Method of preparing.—Put the santols into a saucepan, cover with boiling water, and let boil for five minutes; then peel and remove seeds. Soak in cold water with sliced lemon and let remain over night. Make a thin syrup with sugar and two cupfuls of water, pour onto the fruit and return to the fire to boil. Repeat the boiling process for two days until the syrup is thick enough and santols have absorbed much of the sweetness. Put into glass jars.

SPICED CHICO BUTTER

[By Mrs. Susie M. Butts]

Chico butter	quantity necessary
Ground cinnamon	
Ground nutmeg	
Ground allspice	
Ground cloves	

Method of preparing.—Make chico butter as per previously given recipe. For each four cupfuls of the prepared pulp add one teaspoonful each of ground cinnamon and ground allspice, one-half teaspoonful ground nutmeg, and one-quarter teaspoonful of ground cloves. Boil until thick. Seal in sterilized jars.

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[1] Santol: A native fruit, pale-yellowish, globose.

SPICED KAMIAS

[By Mrs. Charlotte R. Sleeper]

Kamias	7 pounds
Vinegar	½ pint
Brown sugar	5 pounds
Cinnamon	3 tablespoonfuls
Cloves	3 tablespoonfuls

Method of preparing.—Wash and remove seed end of the fruit, add vinegar diluted with one-half its quantity of water, then the sugar and spices (tied in a cheesecloth bag). Boil until the fruit is tender and the syrup thick. It will take about one hour. Store in stone jars or bottles. It will keep well.

SPICED MANGOES

[By Mrs. Susie M. Butts]

Sliced mangoes	5 cupfuls
Sugar	4 cupfuls
Vinegar	2 cupfuls
Cloves	1 tablespoonful
Cinnamon	1 tablespoonful

Method of preparing.—Peel and slice the mangoes. Tie the spices in a thin, cotton bag; add to the sugar and vinegar and boil until a syrup is formed. Remove the spices, drop the sliced mangoes into the syrup and boil until they assume a waxy appearance. Seal in sterilized jars.

WATERMELON PICKLES

[By Mrs. A. D. Williams]

Rind of melon	1 melon
Sugar	2 cupfuls
Vinegar	1 cupful
Allspice	1 teaspoonful
Cinnamon (ground)	1 teaspoonful
Cinnamon (stick)	1
Cloves (whole)	1 teaspoonful

Method of preparing.—Cut the green part from the rind of the melon. Then cut the rind in pieces and soak from twelve to twenty-four hours in alum water (one teaspoonful alum to one quart of water). Drain and then boil in clear water until tender. Make a syrup of the sugar, vinegar and spices (tie the ground spices in bags) and boil for five minutes; then add the watermelon rind and boil until clear. Strain the syrup before filling jars.

MISCELLANEOUS

ANCHOVY WITH CHEESE

[By Mrs. Charles F. Massey]

Grated cheese	quantity desired
Anchovy paste	
Butter	
Lemon juice	
Toast	
Anchovies	

Method of preparing.—Cream the grated cheese with the anchovy paste. Add the butter and lemon juice. Spread the paste on rounds of toast with a coiled anchovy on top.

BAKED APPLES SOUTHERN STYLE

[By Mrs. H. Eugene Stafford]

Apples	quantity necessary
Sugar	
Butter	
Marmalade (orange)	
Whipped cream	

Method of preparing.—Pare and core the apples; fill the centers with a teaspoonful of sugar and a small piece of butter to an apple, then place in a porcelain-lined baking dish, piling onto each apple a heaping teaspoonful of orange marmalade. Cover the dish, set it in the oven in a pan of hot water and cook until the apples are done. Serve with whipped cream.

These apples can also be served whole in a large tart, cut like a pie, so that each person is served to an apple and the tart corresponding.

CAVIAR WITH EGG

[By Mrs. Charles F. Massey]

Hard boiled eggs	quantity desired
Caviar	
Toast	

Method of preparing.—Cut the eggs into slices and take out the yolks. Fill the cavities with caviar. Serve on thin slices of buttered toast, arranging the yolks, riced, as a border.

CHICKEN LIVER PASTE

[By Mrs. Charles F. Massey]

Chicken livers	quantity desired
Mushrooms (dried or fresh)	
Lemon juice	
Onion juice	
Salt	
Pepper	
Toast	

Method of preparing.—Cook the chicken livers slowly in hot chicken fat for a few minutes, then drain on paper. Sauté the mushrooms (dried or fresh) and chop very fine. Mix with the livers, add lemon and onion juice and season to taste. Spread on buttered toast.

CRYSTALLIZED MINT LEAVES

[By Mrs. Charles F. Massey]

Sugar	quantity desired
Water	
Mint leaves (fresh)	

Method of preparing.—Boil sugar and water to a very thick syrup, roll the fresh mint leaves in it, dry them on a buttered plate in the oven with the door open. Sprinkle with granulated sugar from time to time.

DATE AND FIG CHOCOLATE

[By Mrs. Charles F. Massey]

Dates	quantity desired
Figs	

Method of preparing.—Remove stones from the dates, cut the figs in halves, lengthwise, and cut off the stems. Press dates and figs into uniform shape and dip them into melted sweet chocolate.

Note.—Marshmallows may also be dipped in the way.

DATE SAUSAGE

[By Mrs. Charles F. Massey]

Dates (stoned)	1 pound
Walnuts	½ cupful walnuts
Candied ginger	2 ounces

Method of preparing.—Put the dates, previously stoned, through a meat chopper and add the ginger and walnuts, coarsely cut. Knead and roll into sausages, using powdered sugar to prevent sticking. Serve cut in thin slices.

FRUIT COCKTAIL

[By Mrs. Louis McCall]

Oranges	4
Pineapple cubes	1 cupful
White grapes	1 cupful
Red cherries	½ cupful

Method of mixing.—Cut oranges in sections; remove the membrane; add pineapple, grapes and cherries. Sprinkle over this a little sugar to taste and a little sherry if desired. Let stand for thirty minutes on ice.

HAM AND EGG APPETIZER

[By Mrs. Charles F. Massey]

Boiled ham	½ pound
Hard boiled eggs	5
Chives or onion (chopped)	1 tablespoonful
Mayonnaise	as desired
Salt Paprika	to season

Method of preparing.—Separate the yolks and whites of the eggs. Mash the yolks, add the chopped chives or onion, season with salt and paprika and mix to a smooth paste with mayonnaise. Grind the ham and the whites of the eggs. Mix altogether and form into balls the size of a walnut and serve as an appetizer with mayonnaise.

HOW TO WHIP CANNED CREAM

[By Mrs. A. J. Gibson]

Canned cream (small)	1 can
Gelatine	1 teaspoonful
Water	1 teaspoonful
Sugar Vanilla	to taste

Method of whipping.—Place a small can of cream on the ice to get thoroughly cold, then open and empty the contents into a clean, cold bowl. Use a silver fork or egg-beater with which to beat the cream. Dissolve the gelatine in the

Luncheon Menu

[BY MRS. H. EUGENE STAFFORD]

Fruit Cocktail
Bouillon in Cups *Crisp Toast*
Sweetbreads *Terrapin Sauce* *Currant Jelly*
Corn Pudding
Baked Potatoes in Jackets
Tomatoes Filled with Celery *Cheese Straws*
Pudding á la Viennoise
Coffee

⁂

Luncheon Menu

[BY MRS. H. EUGENE STAFFORD]

Fruit Cocktail
Jellied Bouillon *Crisp Toast*
Fish Pudding in Timbales
Marinaded Cucumber *Bread and Butter Sandwiches*
Chicken Royal with Mushrooms
Apple Jelly
Green Peas *Saratoga Chips*
Green Pepper and Asparagus Salad
Cheese Straws *Trifle Pudding*
Coffee

water, add to the cream and beat thoroughly. Season with sugar and vanilla to suit the taste.

OLIVES ITALIAN STYLE

[By Mrs. John K. Pickering]

Method of preparing.—Put ripe oilves in a pint or quart jar, cover with French salad dressing containing a clove of garlic. Allow this to stand on ice for several hours. Serve as a relish.

OYSTER COCKTAIL

[By Edith M. Gideon]

Oysters	quantity desired
Salt Pepper	to season
Catsup	1 teaspoonful
Lemon juice	1 teaspoonful
Worcestershire sauce	1 teaspoonful
Horseradish sauce	just a sprinkle

Method of mixing.—Have a cocktail glass for each person to be served. Put into each glass six oysters, add salt and pepper, then the catsup, lemon juice, Worcestershire sauce, and lastly the horseradish. Serve very cold.

PAPAYA FRUIT CUP

[By Mrs. A. J. Grant]

Papaya (ripe)	1
Lemon juice	3 tablespoonfuls
Tomato catsup	3 tablespoonfuls
Worcestershire sauce	1 teaspoonful

Method of mixing.—Cut papaya up into dice, put in a bowl and add other ingredients, mix all together and put on ice. Serve in long-stemmed ice cream glasses.

RICE AND COCONUT

[By Mrs. S. F. Gaches]

Rice Grated coconut	equal quantities

Method of preparing.—Boil the rice and combine with an equal quantity of freshly grated coconut. Serve with cream and sugar to taste.

Note.—This is a breakfast dish much appreciated by many people in the Tropics.

RICTUM-DITY

[By Mrs. Charles F. Massey]

Tomatoes	1 can
Grated cheese	1 cupful
Small onion (grated, juice of)	½
Green pepper (chopped)	1
Butter	2 tablespoonfuls
Eggs	2
Salt Pepper	to season

Method of preparing.—Melt the butter in a chafing dish and add to it the tomatoes, cheese, onion juice and chopped pepper—all mixed together first. Stir, then add the well beaten eggs. Cook until the eggs are of a creamy consistency, stirring and scraping from bottom of pan. Serve at once on toast.

Note —This is delicious.

SALTED ALMONDS OR PEANUTS

[By Mrs. S. F. Gaches]

Almonds of peanuts Olive oil Salt	quantity required

Method of preparing.—Shell the almonds and blanch by pouring boiling water over them; let them stand in it for a moment, then throw them into cold water and finally rub them between the fingers to remove the skin. Heat the olive oil in a saucepan, add the nuts, stir until a light brown, take them out with a skimmer, drain on paper and sprinkle with salt.

SALTED WALNUTS

[By Mrs. Charles F. Massey]

Walnut meats	1 cupful
Cooking oil	½ cupful
Salt	as necessary

Method of preparing.—Heat the oil in a very small frying pan; when hot, put in enough walnuts to cover the bottom of the pan and stir until they begin to change color.

Remove with spoon or small skimmer, taking up as little oil as possible. Drain on brown paper and sprinkle with salt. Repeat until all are fried.

SARDINE CANAPÉS

[By MRS. A. J. GRANT]

Sardines	quantity necessary
Butter	
Worcestershire sauce	
Cayenne pepper	
Toast	
Olives	
Hard boiled eggs	

Method of preparing.—Cut the toast into circular pieces. Remove the bones from the sardines and rub the meat to a paste with the butter. Season with Worcestershire sauce and a few grains of cayenne pepper. Spread the toast with the paste, place an olive stuffed with the mixture in the center, and around each piece put a border of finely chopped hard boiled eggs.

SARDINE COCKTAIL

[By MRS. CHARLES F. MASSEY]

Sardines	1 small box
Tomato catsup	¼ cupful
Horseradish (grated)	1 tablespoonful
Lemon (juice of)	1
Salt	to taste
Worcestershire sauce	1 tablespoonful

Method of mixing.—Skin and bone the sardines and cut them into small pieces. Mix with the other ingredients. Serve ice cold in cocktail glasses.

SARDINE CRUSTS

[By MRS. CHARLES MAXWELL COLTON]

Hard boiled eggs (whites of)	quantity desired
Sardines	
Capers	
Worcestershire sauce	
Toast	

Method of preparing.—Mince the sardines, whites of the hard boiled eggs, and capers very fine; add a little Worcestershire sauce. Spread on buttered toast.

SPANISH SWEETS

[By Mrs. Charles F. Massey]

Almonds	¼ pound
Seeded raisins	¼ pound
Figs	¼ pound
Dates (stoned)	¼ pound
Candied cherries	¼ pound
English walnut meats	½ pound
Hickory or pecan meats	¼ pound
Powdered sugar	quantity needed

Method of preparing.—Mix all the above ingredients together and grind or chop fine. Sprinkle a board with powdered sugar, toss the mixture onto it, knead well and roll like sausage or one-quarter inch thick and cut into small squares.

Note.—This will keep indefinitely in a box packed in layers between paraffin paper.

STUFFED FIGS

[By Mrs. Charles F. Massey]

Large dried figs	½ pound
Orange juice	½ cupful
Sugar	2 tablespoonfuls
Lemon juice	1 tablespoonful
Maraschino cherries	quantity desired
Pecan nuts	

Method of preparing.—Cook the figs very slowly in the fruit juices and sugar. Turn and baste them until tender. Drain, cool, open and stuff each fig with two maraschino cherries, cut in halves and five pecan nut meats broken. Close the opening, press the fig into shape and roll in granulated or powdered sugar.

STUFFED PRUNES

[By Mrs. Charles F. Massey]

Large perfect prunes	quantity desired
Orange juice	
Lemon juice	
Walnuts or pecans	
Granulated sugar	

Method of preparing.—Soak the prunes over night in cold water to which orange and lemon juice has been added. Remove the stones from the prunes and fill the cavity with walnuts or pecans. Let stand to dry somewhere. Roll in granulated sugar.

SUGAR FLAVORING FOR ICINGS, CANDY OR CAKES

[Contributed by MRS. H. EUGENE STAFFORD]

The following flavoring sugars will be found very useful and economical and in many instances will take the place of essences which are more expensive and which, being liquid, must be highly concentrated or they will moisten the sweetmeats unduly. Sugar flavorings are especially useful in making icings or French bonbons. Such sugar must be kept well corked or it will lose its flavor and become moist and insipid.

GINGER SUGAR

Powdered ginger	2 ounces
Loaf sugar	1 pound

Method of preparing.—Pound the ginger with the sugar and pass through a fine sieve. Store away in a well corked bottle.

CLOVE SUGAR

Best grade of whole cloves	2 ounces
Loaf sugar	1 pound

Method of preparing.—Pound the cloves with the sugar, pass through a fine sieve and store away in a well corked bottle.

ORANGE SUGAR No. 1

Oranges	12
Loaf sugar	1 pound

Method of preparing.—Rub the rind with the lumps of sugar. As the sugar absorbs the oil, scrape it off. Dry on a plate in the sun or on a warming shelf over the stove. Then pass through a fine sieve and store away in an air-tight bottle.

ORANGE SUGAR No. 2

Oranges	12
Loaf sugar	½ pound

Method of preparing.—Cut off the rind of the oranges very thin, being careful not to take any of the white peel. Dry it very thoroughly in the sun or on the warming shelf over the stove, *never in the oven.* Then pound it with the sugar, pass it through a sieve and keep in well corked bottles.

Tangering oranges yield an excellent flavor.

LEMON SUGAR

Method of preparing.—Prepare exactly as in either Orange Sugar No. 1 or Orange Sugar No. 2.

ROSE SUGAR

Dried rose leaves	2 cupfuls
Granulated sugar	1 cupful

Method of preparing.—Pound the rose leaves together with the sugar, pass through a fine sieve and store away in air-tight bottles.

VANILLA SUGAR

Vanilla bean	1 ounce
Loaf sugar	1 pound

Method of preparing.—Cut the vanilla bean into fine parts with a sharp knife and pound in a mortar together with the sugar. Pass through a fine sieve. Any of the larger pieces which do not go through the sieve must be pounded again and sifted a second time. It is advisable to reserve some of the lumps of sugar for this purpose. Store away in air-tight bottles.

ORANGE FLOWER SUGAR

Dried orange flowers	¼ pound
Loaf sugar	1 pound

Method of preparing.—Pound the orange flowers and sugar together in a mortar, pass through a fine sieve, and store away in air-tight bottles.

SUGARED ALMONDS

[By Mrs. Charles Plaskett Jarman]

Almonds	
White sugar	4 pounds
Hot water	1 cupful
Olive oil	½ cupful
	as needed

Method of preparing.—Shell the almonds. Blanch and brown by frying in olive oil or by carefully roasting in the oven. If fried in oil, be careful to drain the oil off by tossing the almonds onto a piece of absorbent paper. Place in a mixing bowl to cool. Boil the sugar and water together until it threads *decidedly.* Pour gradually over the nuts, stirring quickly. Be careful not to let the syrup run through the nuts to the bottom of the pan. Keep stirring until the sugar sets. Separate the nuts while still a trifle warm. Place in a tight bottle to keep.

Note.—This recipe is a treasured one among several in a Dalmatian household where the Christmas cakes take the form of lovers' knots cut from paste and fried in olive oil and where the Yuletide sweets are painstakingly prepared weeks ahead.

TOMATO AND ANCHOVY

[By Mrs. Charles F. Massey]

Rounds of toast	quantity desired
Anchovy paste	
Sliced tomato	
American cheese	
Sprigs of parsley	

Method of preparing.—Butter the toast and spread with the anchovy paste. Put a slice of tomato (skinned) over the paste and sprinkle with American cheese, grated. Place under the broiler until the cheese is melted and serve hot, garnished with a few sprigs of parsley.

TOMATO CAVIAR

[By Edith M. Gideon]

Tomato	as many slices as desired
Toast	
Caviar	1 can
Onion (minced)	1
Mayonnaise	quantity desired
Anchovy	

Method of preparing.—Slice the tomatoes into rounds one-quarter of an inch thick. Cut the toast into rounds of equal size and on each round of toast place a round of tomato, spread the tomato thickly with caviar, then add a layer of minced onion, cover with mayonnaise and in the center place an anchovy.

Note.—This should make twelve servings.

When the tropic sun goes down

HOUSEHOLD HINTS

KITCHEN MANAGEMENT

[By Mrs. Hilton Carson]

Have the kitchen painted with oil paints so that it can be hosed at least once a week. Wash everything in it after each meal. Use a solution of lye in hot water thoroughly to scald out the ice-box every morning, the sink after each meal and the garbage can after each emptying. Do not forget to do the same with the can under the ice-box.

After thoroughly cleaning the kitchen dust borax under the tables, in corners, and out-of-the-way places to keep the kitchen and pantry free from ants and cockroaches. Do not use fancy papers on shelves in kitchen and pantry. The shelves should be washed every day, the bread box emptied, washed and thoroughly dried.

Never put canned vegetables or fruit into the food-safe or ice-box in tin ware; always use earthen ware. Every morning the housekeeper herself should see that the food-safe and ice-box are cleaned out and that nothing is in either place that should not be there. What would you think of the master mechanic of an engine house who sent out an engine that was not thoroughly gone over, repaired, cleaned and ready safely to carry the train on its journey? Would you be satisfied if you knew that the cleaner had sent it out as safe and sound? And yet many a housekeeper in the Philippines leaves this most important part of her duty as wife and mother to the "boy" and blames the Philippines when ptomaine poisoning or dysentery introduce themselves to some member of the family.

Make the dish towels about sixty centimeters in length. Teach the boy to wipe the dishes using two towels, one in

"There is only one way to have good servants:
That is, to be worthy of being well served."

each hand. In this way his hands do not touch the dishes, and the short towels will not come in contact with the clothing of the wiper nor drag on the table. They get wet so quickly that frequent changes are necessary. Do not let these used towels be dried by hanging up until after they are washed, boiled and rinsed.

See to it that all pots and pans used in cooking are thoroughly cleaned and have a place to hang them where the sun can get into them.

While teaching the new boy how to keep the kitchen clean, explain to him why this is so important. It will be necessary to continue the instructions for some time and then when he knows how to do the work, never fail to inspect the kitchen and make sure it is all right. Invite your friends to inspect your kitchen; nothing will make the cook or the kitchen boy feel prouder or work harder than to know you are going to do this.

The gas range or the oil stove will last longer if carefully cleaned after every meal and a good-looking stove adds to the attractiveness of the kitchen.

San Juan Bridge

MISCELLANEOUS HOUSEHOLD HINTS

[Contributed by MRS. S. F. GACHES]

Air, sunshine, soap and water are the greatest purifiers plus muscular energy, but occasionally it is necessary to use a disinfectant or deodorizer. Two good preparations to keep on hand are carbolic acid (*marked poison*) and chloride of lime. Bathrooms, toilets, drains, traps and refrigerators should all have particular attention daily. All tubs, basins, toilets and toilets seats should be washed thoroughly with hot soap and water. If there is an odor about the toilet or drains, try chloride of lime or a solution of carbolic acid. For kitchen drains, salt is excellent.

* * *

Precautions against fire.—So many disastrous fires occur that it behooves every one to be as careful as possible to avoid starting one. Matches should never be thrown into a waste pile containing paper or other inflammable material. Whenever matches are used, the flame should be safely and completely put out by throwing the match into a fire-proof receptacle.

Be careful that a wind or a breeze cannot blow a hanging dress or curtain over a candle or lamp.

If a pan of frying fat or oil catches fire, pour on dry earth but never water.

If a person's clothes catch fire, wrap the body up tightly in some woolen article or wet blanket, but never rush into the air as this is usually fatal.

Small fire extinguishers are not expensive and it would be well if all households kept one on hand.

* * *

Never put the fingers, or a lead pencil, in the mouth.

Never pick the nose with the fingers; use a handkerchief.

Never use a hairpin for cleaning the ears. Instead, use warm water and a soft cloth.

Always wash the hands before eating and after going to the toilet. Keep the nails short and clean.

Any person suffering from syphilis, tuberculosis, hookworm or any contagious or infectious disease should never touch food that other people eat, and their dishes should be washed separately and be disinfected in a weak solution of carbolic acid. Always remember that fire, hot water and soap are excellent disinfectants.

* * *

See to it that all rats and mice are eradicated from your house and grounds. *Catch these rodents in traps and then destroy them. Do not kill them by poisoning them* as they will crawl away somewhere to die, oftentimes under the house, and the fleas coming from a dead rat may infect a human being with the plague. It is a wise plan always to notify the health department if there are rats and mice around the premises, especially if dead rats are found.

* * *

Flies and mosquitoes.—Keep these out of the house by means of screens. First see to it that your own premises are clean and then do what you can towards seeing that the neighborhood in which you live is cleaned up. Flies breed around toilets that leak or in horse manure. Mosquitoes breed in stagnant water, milk bottles or old cans that are partly empty. Eradicate mosquitoes by pouring kerosene over the infested places.

* * *

Bedbugs.—When these vermin appear, go over the bedstead and mattress carefully, taking especial care to dismantle the bedstead. Kill all live insects and kill the eggs by washing off the bedstead and mattress with kerosene that contains a little carbolic acid. Bichloride of mercury is not effectual as it forms an albuminous covering and when this wears off the insects still live. A single bug may be brought into the house when your laundry is returned. *Remember that bedbugs are said to carry leprosy.*

* * *

Households that do not provide distilled or artesian water for the *muchachos* to drink should carefully see to it that their drinking water is *boiled* and kept cool.

Boil all water for cooking and drinking purposes.

* * *

Keep all food in tightly covered containers.

* * *

For sprinkling insect powders around shelves and the kitchen, use a piece of paper.

The house-fly is probably one of the commonest of all insect pests and quite the most mischievous. It does not breed disease germs but picks them up by its feet, mouth, and hair and the germs are thus transferred to foodstuffs. The house-fly breeds only in filth and dirt; so the best method of control lies in cleanliness and frequent collecting of garbage, refuse and manure. Keep your yard clean and the house-fly will disappear. The screening of doors and windows will keep these flies from carrying germs into the house and possibly prevent typhoid fever.

* * *

How to keep pimientos.—Pimientos will keep in perfect condition for two months after the tin is opened if they are put into a small glass jar and covered with sugar and vinegar. This treatment improves them much if they are to be used for sandwiches.

* * *

Individual molds for ice creams.—These can be purchased at any first-class house furnishing place in America. The cream is not frozen in the mold; it is packed into the mold after freezing and the whole repacked in ice and salt until serving time. Ice cream used for molding in this way should be made with a rich custárd foundation or stiffened with gelatine so that it will keep its shape.

* * *

To give a pie an "indefinable charm," incorporate a little grated orange or lemon peel into the crust or flavor it ever so little with lemon extract.

* * *

Put a few tablespoonfuls of cold tea over your apple pie in addition to the cinnamon or nutmeg used for spice.

Bits of orange peel mixed with the rhubarb in a pie makes a fine, blended flavor.

* * *

Apples may be stewed and strained and then used exactly as pumpkin, allowing rather more flour to thicken.

* * *

A sprinkle of coconut or chopped nuts over the top of a *meringue* gives it character.

* * *

Never put lye or anything alkaline into aluminum vessels.

* * *

In doing kitchen work, try not to keep everything stirred up in a mess. Clean up as you go along; pick up after yourself. It is often more work to pick up after people than to do the work in the first place.

* * *

Remove the burned portions of bread or cake with a grater when first taken out of the oven. This is much better than to cut them off.

* * *

Dry lemons yield more juice than fresh ones.

* * *

To remove bits of eggshell from broken eggs, use the half shell of an egg. It will remove the pieces of shell much better than will a spoon.

* * *

Ripe olives are a valuable substitute for butter with bread.

* * *

Always cut celery; never chop it. Wash it thoroughly and wipe dry before cutting.

* * *

Keep bread in tin or stone receptacles, never in wooden ones. Wash the receptable often with warm soapy water, scald thoroughly, and dry in the sun.

* * *

Lemon juice should always be used instead of vinegar by the vegetarian cook.

Do not mix dressing with salad until ready to serve.

* * *

Liquid ammonia and salt will remove from silver spoons discolorations caused by sulphur in eggs.

* * *

Next to the range or stove, the sink is the most important feature of the kitchen. An old, experienced housekeeper once said, "Let me see a woman's sink and I will tell you what kind of a housekeeper she is." The waste-pipe should be flushed every day with boiling hot water with a little household ammonia in it. The sink itself should be thoroughly scrubbed every day and the corners cleaned out. Never make a garbage pail of the sink. Empty tea leaves, coffee dregs, vegetable parings and such things into the garbage pail. Never allow grease to accumulate on the sides or in the corners of the sink. Take pride in keeping the kitchen sink clean.

* * *

Make bags out of cheesecloth in which to put letture, spinach, celery, tomatoes and other green things it is desired to keep in the ice-box. In this way the shelves of the ice-box are kept clean and the vegetables fresh.

* * *

Vinegar and lemon juice are invaluable in making tough meats tender. Cover the meat for an hour or so with the vinegar or lemon juice and very tough meat will become tender.

SHORT CUTS IN THE KITCHEN

1. Wash potatoes and keep in a stone crock in a cool place.
2. Pick beans, dried peas and lentils over carefully and have them put away in glass jars or tins ready for use.
3. Wash dried currants, dry thoroughly and put away in glass jars ready for use.
4. Seed raisins, wash and dry thoroughly and put away in glass jars ready for use.

"A good housekeeper without perfected kitchen conveniences is as much of an anomaly as a carpenter without a plane, a dressmaker without a sewing machine."

5. Blanch almonds and other nuts and put into glass jars ready for use.

6. Cut citron very fine, wrap it in waxed paper and put into glass jars.

7. Brown up a quantity of flour and put it in glass jars ready for use.

8. Have a quantity of breadcrumbs, dried and sifted, on hand in glass jars.

9. Keep a jar of strained tomato juice in the ice-box ready for instant use.

10. Keep a bottle of pure lemon juice on hand in the ice-box.

* * *

A teaspoonful of boiling water added to each yolk of egg before the oil is added will enable one to make mayonnaise quickly with no danger of curdling.

* * *

A little baking powder added to an omelet, one-quarter teaspoonful to three eggs, will give a tenderness not easily achieved in any other way.

* * *

A blend of half vanilla and half lemon gives a delicious flavor for cake or frosting.

* * *

Try a sprig of mint in green peas.

* * *

Try a dash of paprika on mashed potato; also on baked macaroni.

* * *

Add tomato catsup to the basting liquid for fish.

* * *

A pinch of salt added to *blanc mange* and lemon pie adds greatly to the taste.

* * *

Prunes stewed with dried apricots make a pleasing change for a luncheon dish. They should be cooked gently and sweetened delicately.

* * *

To soften paint brushes.—To soften an old paint brush in which the paint has been allowed to dry, heat some vinegar to the boiling point and let the paint brush simmer in it for a few minutes. Remove the brush and wash it well in strong soapsuds, when it will be like new.

LAUNDRY HINTS

1. Always look for stains on soiled clothes before putting the clothes in water.

2. Soak coffee or cocoa stains in quite warm water.

3. Use ammonia for iodine stains.

4. Strong borax water will remove many stains. Moisten the stains with the strong borax water, then lay the clothes in the sun.

5. Dissolve soap before using it. It lasts longer.

6. Use borax instead of blueing and the clothes will be whiter.

7. Before washing colored materials for the first time, set the color. Use strong salt water for blues and a vinegar solution for pinks.

8. Silks and woolens should be washed in cold or lukewarm water (not hot), rinsed and wrung out gently and hung up in a shady place to dry. Use a white, neutral soap. Hot or boiling water shrinks wool and makes silks yellow.

9. Do not wash handkerchiefs in with the rest of the laundry, particularly if one of the family has a cold or the "flu." Soak all such handkerchiefs in a salt or carbolic solution one hour before washing, and after washing boil them.

* * *

[Contributed by Mrs. H. Eugene Stafford]

To wash silks and georgette crépes.—Wash in cold water using a good white soap, tint the color needed, roll in a towel for fifteen minutes and then iron with an iron not too hot. *White silk* will keep its color if rinsed with a little gray dye in the water instead of blueing.

To wash wool.—Woolen articles should be washed in water as warm as one can hold the hands in comfortably, then rinsed in clear water of the same temperature. When the articles are nearly dry, they should be ironed. *Knitted articles* should never be hung up on a line; they should be stretched on a sheet to dry. When nearly dry, pull into shape and put back to dry completely. A knitted article if carefully washed by this method will keep its shape.

To wash ginghams or any similar goods.—The first time these articles are washed they should be soaked over night in salt water, then in the morning rinsed out of the salt water and washed in tepid or cold water. In this way the colors will neither fade nor run.

HOW TO CLEAN FURNITURE

[By Mrs. Charles Maxwell Colton]

Linseed oil	1 pint
Kerosene	½ pint
Soft old flannel	several pieces

Methods of procedure.—When a piece of furniture is very much soiled and requires to be cleaned and polished, first wash it thoroughly with warm soapy water, washing only a small surface at a time and drying it quickly by rubbing it hard with a piece of soft flannel. Mix together one pint of linseed oil and one-half pint of kerosene and rub the cleaned furniture. After an interval of half an hour take a fresh piece of soft flannel and by vigorous rubbing polish the wood until it shines like glass.

Note.—This treatment will not injure the nicest wood and is an easy method of keeping furniture bright. The odor soon disappears if the windows are kept open.

TO PAINT PORCH FURNITURE

[By Mrs. Charles Maxwell Colton]

Method of procedure.—Clean the porch furniture thoroughly with soap and water, removing all the dirt and grease. When thoroughly dry, paint with carriage or automobile paint and then varnish with carriage or automobile varnish. Use two coast of paint and one of varnish. If this is done, porch furniture may be washed with the hose and wiped dry with chamois as carriages or automobiles are washed and dried.

POLISH FOR TILED OR CEMENT FLOORS

[By Mrs. S. F. Gaches]

Creosote	1 cupful
Kerosene	1 cupful
Lennox soap (shaved fine)	½ cake
Turpentine	½ cupful

Method of preparing.—Mix all the above ingredients together and pour over them enough boiling water to make half a bucket full. Stir until all the soap is dissolved. The floors must first be thoroughly swept and rusted, then mopped with this solution. By rubbing thoroughly the floors smooth down to a fine grain and soon take on a very pretty polish.

FORMULA FOR BOOK VARNISH

[By Mrs. S. F. Gaches]

Alcohol (95%)	10 liters
Shellac	600 grams
Mercuric chloride	15 grams
Salicylic acid	8 grams

Method of preparing.—Dissolve on a steam bath and filter off the waxes after cooling. Concentrate to the desired viscosity.

Note.—This quantity can be reduced to smaller proportions. The varnish can be made at home or by any reliable druggist. Books treated with it once a year are never eaten by bugs or insects.

MEASUREMENTS

[By Mrs. S. F. Gaches]

First sift the flour before beginning to measure it. Fill the measure lightly and level off the flour even with the top of the measure.

The standard measuring cup is the half-pint.

A cupful is all that the cup will hold *without running over.*

A speck	equals	¼ saltspoonful
1 saltspoonful	"	¼ teaspoonful
2 teaspoonfuls	"	1 dessertspoonful
1½ dessertspoonfuls	"	1 tablespoonful
3 teaspoonfuls	"	1 tablespoonful
3 tablespoonfuls of liquid	"	¼ cupful
4 tablespoonfuls of liquid	"	1/3 cupful
4½ level tablespoonfuls of butter	"	1/3 cupful

There is an old saying that "a pint is a pound, the world around!"

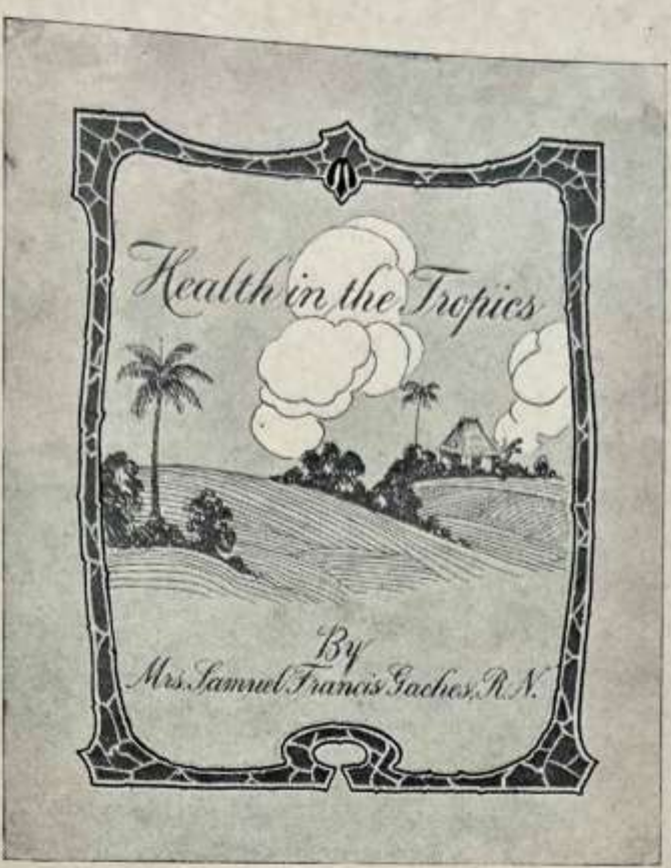
MEASUREMENTS—Continued

3 rounded tablespoonfuls of butter	equals	1/3 cupful
12 tablespoonfuls of liquid	"	1 cupful
1 wineglass	"	¼ cupful
1 gill	"	½ cupful
1 cupful	"	½ pint
1 tumbler	"	½ pin
4 gills (2 cupfuls)	"	1 pint
2 pints	"	1 quart
4 quarts	"	1 gallon
2 cupfuls (1 pint) of granulated sugar	"	1 pound
2½ cupfuls of powdered sugar	"	1 pound
2 cupfuls of butter	"	1 pound
4 cupfuls of good pastry flour	"	1 pound
3 cupfuls of seeded raisins	"	1 pound
3¼ cupfuls of currants	"	1 pound
1 pint of milk or water	"	1 pound
1 rounded tablespoonful of butter	"	1 ounce
Butter size of a walnut	"	1 ounce
2 rounded tablespoonfuls of flour	"	1 ounce
2 rounded tablespoonfuls of sugar	"	1 ounce
8 eggs in the shell [a]	"	1 pound
10 eggs out of the shell [a]	"	1 pound

[a] Refers to eggs from American hens,—not native hens.

METRIC MEASUREMENTS

1 kilo	equals	2.2 pounds
1 liter	"	1.1 quarts
1 meter	"	3.28 feet
1 centimeter	"	0.39 inch


Health in the Tropics
By
Mrs. Samuel Francis Gaches, R.N.

Nursing is an art, requiring as hard a preparation, as exclusive a devotion as any painter's or sculptor's work, for what is the having to deal with the dead canvas or cold marble compared to the living body, the temple of God's spirit? It is one of the fine arts. I had almost said, the finest of the fine arts.

—FLORENCE NIGHTINGALE.

INTRODUCTION

> "Every baby born in a community called Christian, nay, one civilized, has a right to sufficient clothing, to adequate fresh air, proper diet, and competent care, and if the parents are unable to perform this function it is the duty of the State to assume it."

IN no sense is the following chapter on health and liquid diet for the sick and convalescent intended as a textbook. It is contributed in the hope that it may in a measure allay the fears of the newcomer to the Tropics, be a help to the young mother when she is coping with many annoying maladies of this country and guide her in preparing nourishing and appetizing food. If it can but help to enlighten those in far-off provinces in time of accidents and sickness, the efforts of the editor will be amply compensated.

The Library of the Bureau of Science has frequently been used for notes on intestinal diseases and the following textbooks on nursing have been freely consulted: "Clinical Studies for Nurses," by Aikens; "Modern Methods in Nursing," by Sanders; for suggestions on feeding the sick and convalescent, Sache's "How to Cook for the Sick" has been referred to. The article on "What Everyone Should Know About Cancer" has been extracted from Curtis E. Lakeman's article on "Cancer Control" published by the American Society for the control of cancer.

Sincere thanks are due to Victor G. Heiser, M.D., of the Rockefeller Foundation, for his technical revision of the chapter and for other kind assistance, particularly for his article on "Newcomers to the Tropics." Special thanks are also due to Honoria Acosta-Sison, M.D., for her article on "Prenatal Care," and to Liborio Gomez, M.D., Ph.D., Chief of the Biological Division, Bureau of Science, for his kind cooperation and assistance in collecting data on jellyfish poisoning. Grateful acknowledgment is made to Mr. Pablo Lucas, Director of the Bureau of Printing, for his kind help in reviewing the entire book and his encouragement to publish it; to Mr. A. Roces, Editor, and Mr. F. J. Herier, Advertising Manager of "La Vanguardia and Taliba," for the advertising publicity they have given the book; and to all others who have helped by friendly suggestions.

THE EDITOR-IN-CHIEF.

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NEWCOMERS TO THE TROPICS

[By Victor G. Heiser,[a] M.D.]

The average person approaches his first visit to the Tropics with considerable apprehension. As a matter of actual fact, it is easier to maintain good health in the Tropics than in the temperate zones. Scarlet fever, measles, rheumatism, diphtheria and many other scourges which cause such terrible havoc in the United States and Europe are seldom present in the Tropics, and, furthermore, very little is known as to how they can be avoided. It is true there are many diseases in the Tropics the very names of which inspire awe: Cholera, amoebic dysentery, intestinal parasites, and similar diseases, but, fortunately, the means for avoiding them are well known. In fact, much of the hygiene for the Tropics is so simple that it can be summed up on a postal card in the following brief suggestions:

It is easier to maintain good health in the Tropics than in the United States, but in order to do so you should observe the following simple rules:

1. Be vaccinated to-day. It may be done by private physicians or the Health Service.

2. Never drink any water unless it has been either boiled or distilled, nor eat any raw vegetables. If you observe this rule carefully you will probably never contract dysentery, typhoid fever, cholera or any other disease that originates in the intestines. Disregard of this rule is responsible for the return to the United States of over 50 per cent of the invalids who leave these Islands.

3. Fruit is wholesome and may generally be eaten raw with impunity, provided it is of a kind that grows upon trees, well above the ground.

4. Avoid patent medicines. "Do not put drugs of which you know nothing into bodies of which you may know less."

5. Alcoholic stimulants are not necessary, the advice of "old resident" to the contrary notwithstanding.

6. Generally, disease-carrying mosquitoes fly only at night; therefore, always sleep under a good mosquito net.

7. Finally, observe the same hygienic rules that are applicable to temperate climates, including those of physical exercise.

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[a] With the Rockefeller Foundation.

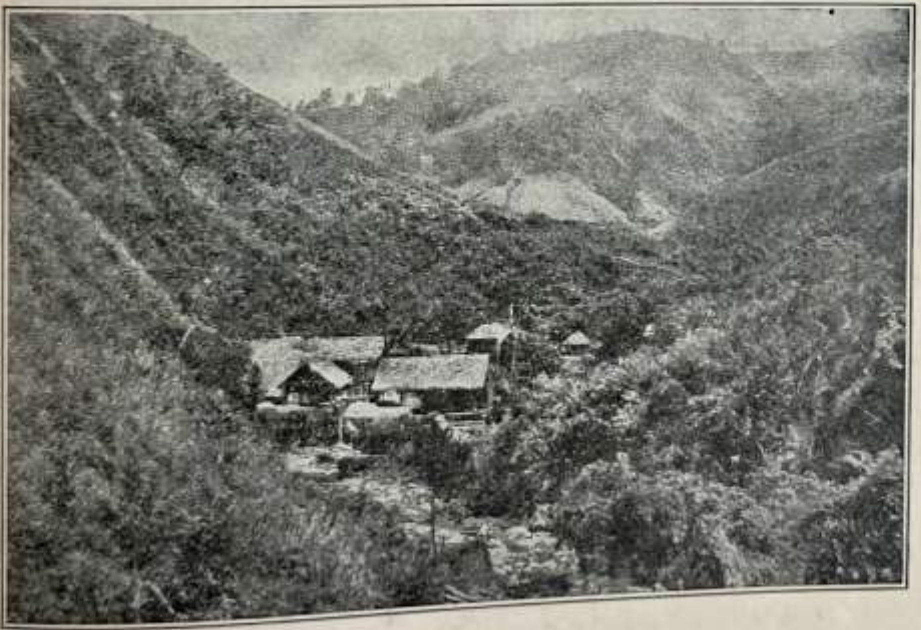
In the United States, for instance, people have been surrounded with measles, scarlet fever, diphtheria and other diseases since childhood and familiarity allays fear and apprehension. The prevention of these diseases is practically unknown, consequently there is little defense against avoiding their terrible ravages. In the Tropics, on the other hand, it is only necessary to guard against that which goes into the mouth and to avoid biting-mosquitoes and other insect pests. Through the observance of these principles, cholera, dysentery, intestinal parasites, malaria and most of the other tropical diseases are unable to attack. Persons may live with impunity in the worst infected regions by carrying out the simple suggestions made above.

Pagsanjan Gorge

Prophylaxis against disease is especially simple in Manila. Practically all the leading hotels and public eating places serve either distilled, boiled or artesian water that is safe. The newcomer to the Tropics should beware and not drink water unless its purity has been established beyond question. Almost everywhere there are persons who declare that water supplies are perfectly safe, often referring to themselves as having used the water for many years without harm. That such instances exist is undoubtedly true but the percentage of risk is tremendously large and why take it when the safeguard is so ridiculously simple?

VACCINATION

At certain periods virulent smallpox exists almost every where in the Far East. Those who have not been vaccinated and their immunity tested and restored, if necessary, by subsequent vaccination are in great danger. Anti-vaccinationists and others who are not protected by vaccination often contract the disease and die and others are often hideously disfigured for life. Again, why endanger life and happiness when harmless vaccination will give this enormous protection? In a few years' time there were over 10,000,000 vaccinations made in the Philippine Islands without the loss of life or limb. Failure to have new-born children and other non-successfully vaccinated persons successfully vaccinated, has been responsible for over 50,000 lives in the Philippine Islands since 1918. Could there be any more convincing evidence as to the value and desirability of vaccination?



Benguet Mountains

WATER

Poor water is very common in the Tropics and is responsible for many thousands of lives. In Manila, for instance, it has made a difference of over 700 lives a year as to whether water is drawn from the Marikina River or whether it is secured at Montalban, which is well above the inhabited area. Owing to the successful use of calcium hypochlorite in recent years it has been possible to make water supplies comparatively safe, but after all the only reliable method is for the tropical resident to use only water which has been boiled or distilled for drinking and kitchen purposes.

Montalban Dam

FOOD

Food is often dangerous in the Tropics because the domestic servants who handle it may be carriers of disease. In the past it has been the custom in Manila to examine all food-handlers before they were permitted to work in public eating establishments. In places in which there is no assurance that that has been done, it is safest to depend

"Give me health and a day," said Emerson, "and I will make the pomp of emperors ridiculous."

only on foods which have been cooked and are served hot. Low-growing garden truck should not be eaten in a raw state, because fertilizer which has been used on it may contain infection. It is well, however, to eat plentifully of vegetables, but this can almost invariably be safely accomplished by cooking them. It has also become known in later years that it is of the greatest importance to human well-being that a certain quantity of leafy vegetables should be taken. Spinach, cabbage, a native plant known as "pechay," turnip and beet tops afford excellent examples. This advice is just as pertinent for the temperate zones as for the Tropics. Fruit that grows on trees and is handled in a cleanly manner, is wholesome and may be eaten in a raw state.

The great tendency in the Tropics is to over-eat. It must be remembered that in a temperate zone a large part of the daily consumption of food is utilized to produce heat which maintains body temperature. In the Tropics this is unnecessary, as the outside temperature approaches that of the human body. There is also a disinclination to exercise as freely in the Tropics as in temperate zones, consequently there is less food utilized by the body. In view of the foregoing, it is apparent that a greatly decreased quantity of food is desirable, even at the expense of feeling hungry until the body adapts itself to the new conditions. Cold meats and similar proteins are likely to undergo decomposition owing to the heat and are probably responsible for symptoms which are frequently referred to as ptomaine poisoning.

EXERCISE

Exercise is more urgently needed in the Tropics than in the temperate zones. In cooler climates there is much walking and expending of energy in numerous ways. In the Tropics that is reduced to a minimum and as there is almost sure to be over-eating there should be a continuous effort to unload the system, which can be largely accomplished by regular exercise. Golf, tennis, setting-up exercise and other forms of sport should be regularly indulged

> And he that will this health deny,
> Down among the dead men let him lie.
> —DYER.

in. There is very little danger of sunstroke in the Tropics, but it is just as well to keep out of the direct rays of the sun as much as convenient between the hours of 10:00 a. m. and 3:00 p. m.

VENTILATION

Much of the comfort of living in the Tropics depends upon living on the windward side of a house. In almost all sections of the Tropics there are regular winds which blow most reliably. In the Philippines, for instance, there is practically a continuous northeast breeze for five months in the year and a southwest breeze for five months, and during the two intervening months the winds are variable while the "monsoon," as it is called, is setting in. It is also important that there should be *through* ventilation. A house with windows on one side only, even if they be on the windward side, is seldom cool. There must be adequate openings on the opposite side so that the wind may blow through. It is often unbearable on the leeward side of the house, whereas it is very agreeable and comfortable, and sometimes even cool, on the windward side. Persons building houses should endeavor to orient them so that the prevailing winds of the region may blow through. The Philippine General Hospital in Manila is carefully oriented, and it is very generally agreed that it is one of the coolest places in the Tropics. Similar results should be possible anywhere else.

PRENATAL CARE

By Honoria Acosta-Sison, M.D.

Graduate, Woman's Medical College, Philadelphia, Pa., Assistant Professor of Obstetrics, University of the Philippines

Normal pregnancy is a natural condition and the health of a prospective mother should not suffer during this most interesting period of her life.

TO THE FATHER

Are you desirous of having healthy offspring? Then begin right. You, yourself, must be healthy and clean from vices and diseases that are bound to affect your child. If you have been indiscreet in your past life, consult a specialist lest you cause two innocent beings, your wife and your child, unnecessary suffering. Alcoholism and venereal diseases are two most potent factors in causing sterility, miscarriage and premature labor in the mother and weak mentality, insanity, and blindness in the child. Surely you wish your descendants to be healthy, active and vigorous possessors of all that is best, normal and most noble in a race and they cannot be these if they are handicapped by disease, bad habits or immorality of the father.

When your wife is already carrying her precious burden, it is your duty to see that she is well provided for, does not overwork, fret, or worry. Above all, surround her not with luxury but with congenial environment. Ignore her shortcomings and do not excite irritability in her; always remember that whatever sacrifice you make and whatever favor you render it is for the favorable development of your own child.

A woman in the family way, especially if she is of a weak, nervous temperament, is susceptible to infectious diseases and to exciting or depressing events, so do not allow her to visit persons who are sick with a contagious disease, neither permit her to go to cockpits or boxing feats, nor attend funerals where she may be deeply affected.

TO THE PROSPECTIVE MOTHER

When you feel the flutter of life of another being in you, you should consider this a great gift from Heaven and you should do everything in your power to be worthy of it.

Here are a few simple suggestions:

Personal cleanliness.—If it is important to keep yourself clean in the non-pregnant state, it is doubly more important to keep your body perfectly clean during pregnancy. You should take a good cleansing bath at least once daily with ordinary water, preferably in the morning before breakfast. The bath, which should not last more than three minutes, should be taken in the standing, not sitting position, especially if you have been confined before. A refreshing shower bath may be repeated, if desired, in the afternoon.

Keep your hair clean. In this hot climate, wash it at least twice a week with a strained infusion of "gogo" and "calamansi." Soap is too irritating for the hair and scalp.

The teeth, in many cases, give trouble during pregnancy, so it is important that they should be brushed carefully after each meal, this process being followed by rinsing the mouth with a good antiseptic mouth wash such as thymol or listerine. If you have any caries or pus pockets or pain in your teeth and gums, consult your dentist as soon as possible. It may save you trouble later on.

After each act of nature you should clean yourself with running water.

Care of the breasts.—When you take your daily bath, pay special attention to cleansing the nipples. At the seventh month anoint them after each bath with a lubricant, such as sterile vaseline, to soften them.

Cleanliness in the home.—Keep your home clean and well ventilated. Sweep down the cobwebs and keep the dust away by wiping your furniture, walls, windows and floors with a damp cloth. Prevent mosquitoes from breeding by not having any stagnant water within the premises of your house and also prevent them from getting into your house by screening doors and windows. If you cannot afford to do this, at least do not sleep without a mosquito net. Kill all flies, rats, mice, cockcroaches and ants and prevent them from breeding by covering all food and garbage and by cleaning your ice-box and kitchen daily with saturated lime water.

Organs of elimination.—The skin, kidneys and bowels are the main agents we have in throwing off all that is useless and injurious to our system, so keep them busy at work. The first two can be encouraged to perform their duty by drinking plenty of water and the latter by exercise and by eating suitable food, such as green vegetables and fruits. You should pass daily at least one and a quarter liters of water. If you find it to be much below this amount, consult a physician. Your urine should be examined monthly in the first six months of pregnancy and weekly in the last three months by your doctor, for the early detection of trouble which might be of serious consequence later on if not treated in time.

Exercise.—Daily exercise in the fresh air is important for it activates your circulation and makes it easy for your organs to do their work. However, do not indulge in violent exercise like tennis, indoor baseball, or fast running, jumping, or riding over rough roads. These may cause bleeding or miscarriage. A good walk will serve the purpose of exercise. Take plenty of walks but do not fatigue yourself. Do your ordinary housework but avoid lifting heavy objects and going up and down stairs frequently. If you have to do laundry work, do not wash heavy clothes.

Do not tire your eyes.

Rest and sleep.—You should sleep at least eight hours every day. A *siesta* after luncheon is always refreshing. You should always rest when feeling tired.

Clothing.—Do not wear tight clothing around the waist. In the later months of your pregnancy the abdomen should be supported from below upwards by a suitable maternity corset.

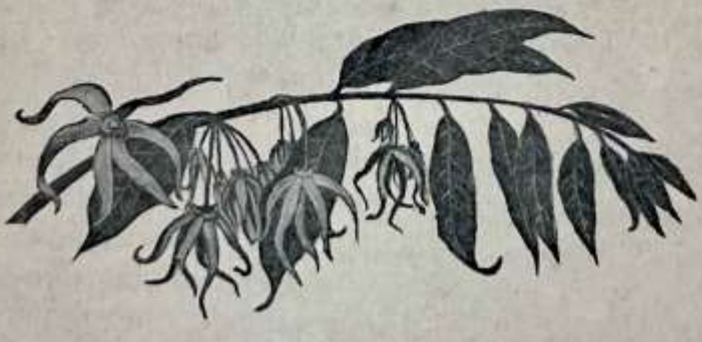
Food.—Eat simple nourishing food. Do not eat much meat or highly seasoned and indigestible food, especially in the later months. Eat plenty of green vegetables, fruits, and milk. Do not drink alcoholic beverages. Alcohol affects your baby. Plenty of clean, fresh water is good for your system. Do not indulge in much sweets or potatoes for they make the baby big.

Mental hygiene.—Be optimistic. Strive to be always cheerful and happy. Avoid exciting and depressing scenes. Your mental attitude affects your baby. Never indulge in gloomy, irritating thoughts. Banish them with cheerful occupation. Attend those places of amusement that furnish you enjoyment, but do not dissipate.

Danger signals for which you should consult a physician:

Nausea and vomiting, especially if it occurs or persists after the first four months.
Scanty urine.
Persistent headache.
Dizziness.
Dimness of vision or double vision.
Dancing spots before the eyes.
Insomnia.
Pain.
Feeling of constriction around the waist line.
Swelling of any part of the body.
Persistent constipation.
Bleeding.
Purulent discharge.
Varicose veins.
Anything that seems not as it should be.

Then, at the seventh month, even though everything seems normal, consult a physician for the position of your child, for the measurement of your pelvis, especially if it is your first child and for a general examination so that he may more or less predict a safe confinement for you.



PREGNANCY, BATHING AND FEEDING OF INFANTS, USUAL DISEASES OF CHILDHOOD

By Mrs. Samuel Francis Gaches, R. N.

Ex-Directress of Nurse and Principal of the Philippine General Hospital School of Nursing, Manila, P. I.

PREGNANCY

By the term pregnancy is understood the presence of the impregnated ovum in the body of the mother. The ova are formed in the ovaries from which they are discharged by the bursting of the sac in which they are contained and from which they pass from the Fallopian tubes into the uterus, or womb. When the impregnated ovum reaches the womb, it usually lodges in the upper portion of the womb, near the opening of the Fallopian tubes. Here it fastens itself to the lining membrane of the womb and gradually forms membranes of its own which surround it. During the first three months of its development it is called "embryo;" at the fourth month it is called "fetus," and at this stage the "after-birth" (or placenta) begins to form. Pregnancy usually lasts, in normal cases, two hundred and eighty days. The average child at full term is twenty inches long and weighs from six and one-half to seven and one-half pounds and is strong enough to cry vigorously and suck the nipple of the mother.

DIET IN PREGNANCY

The diet in pregnancy should be a generous one, yet easily digestible. There is no reason why, in normal cases, the usual diet should be deviated from provided it has been a healthful one and easily assimilated, with the exception that it is better to have the evening meal a light one. Meat should be eaten only two or three times a week, in order to throw less work on the kidneys.

Constipation is very common during pregnancy and the use of some laxative food, such as oatmeal, green vegetables, oranges and stewed fruit, especially prunes, is often effectual. All strong purgatives during pregnancy should be avoided. A profuse flow of saliva often occurs and this may be relieved by the use of a mouth wash of tincture of myrrh in water. A dentist should be consulted frequently during pregnancy, as the teeth frequently decay at this time, but no painful dental operation should be undergone if it is possible to avoid it.

Morning sickness.—To relieve this condition, it is frequently effectual to drink a cup of tea, broth, coffee or hot milk early in the morning, while still in bed but without sitting up, after which rest or sleep again for a short time.

SPLENDID SOLUTION FOR TENDER NIPPLES

Glycerite of tannic acid	1 fluid ounce
Water	1 fluid ounce

To be painted on the nipples and allowed to remain.

BATHING THE INFANT

In bathing an infant, the eyes and mouth are cared for first. The eyes are carefully washed with absorbent cotton dipped into warm sterilized boric acid solution. The eyelids should be separated by means of the fingers and gently and thoroughly freed of any secretion, then dried gently with cotton.

The mouth must next be cleaned very carefully with a little absorbent cotton wrapped around the finger, the cotton first being dipped into a sterilized boric acid solution. Clean the tongue well and the sides of the cheeks.

The body bath may now be prepared. The temperature of the water must be between 98° F. and 100° F., tested with a bath thermometer and not guessed at. The baby is first held in the lap, in a blanket and the face washed gently with clear water. The entire body, except the face which has already been washed, is now rubbed with soap and water, particular attention being paid to all folds and creases of the skin. The child is then gently lowered into the tub of water and held there for a minute or two. The head is supported with the left hand and the body washed with the right. The child is now removed from the bath and laid onto a warm blanket and carefully and gently dried, special attention being paid to the folds of the skin as they are very sensitive. The entire body should be kept well powdered to prevent soreness and chafing.

FEEDING OF INFANTS

The mother's milk is the best food for an infant, provided it is of good quality and of sufficient quantity and if given with due regard to the requirements of hygiene. However, in this country there is a considerable percentage of mothers whose milk, from one cause or another, is either insufficient in quantity or is of poor quality. In all such cases it is best to recognize this condition and to correct it by substitute feeding in every instance, as the infant has a better chance of reaching adult life when properly fed by hand than when poorly or improperly fed from the breast. It is almost a positive fact that the bulk of the trouble with artificial feeding is not with the supply of food, but with the method of preparation and administration. The nursing bottle should not be used for infants over two months of age. Feeding by cup should be substituted. This method has been tried out by leading physicians in this country and it is believed that its use has resulted in a marked improvement over the bad results of the nursing bottle which has been contended with in the Tropics. The following table of infant feeding, calculating the requisite of nourishing for infants, is herewith submitted:

Age.	Relation of required calories to body weight in grams.
Birth to 1 week	60 calories per 1,000 grams or 1/16 of weight.
1 week to 3 months	100 calories per 1,000 grams or 1/10 of weight.
3 months to 6 months	90 calories per 1,000 grams or 1/9 of weight.
6 months to 1 year	80 calories per 1,000 grams or 1/8 of weight.

RELATION OF AGE AND WEIGHT OF CHILD TO CALORIES REQUIRED

Age.	Amount.
Under 3 months	Calories required for 24 hours equals weight divided by 10.
From 3 months to 12 months	Calories required for 24 hours equals weight divided by 12.

VOLUME OF FOOD

No matter what variety of food is given an infant, certain averages regarding volume must be established which bear an optimum relation to the stomach capacity during digestion. The best method is systematically to weigh the baby both immediately before and after feeding, regard-less of the character of food the infant is taking. The following table gives the averages of stomach capacity at different ages:

	Cubic centimeters.
First week	31
Second week	60
Third week	48
Fourth week	49
Fifth week	62
Sixth week	72
Seventh week	81
Eighth week	88

Bearing in mind the simple and fundamental facts shown in the above tables, the method of feeding as applied to the individual infant may be mastered by any one. The details may be outlined as follows:

Divide the child's weight in grams, if under 3 months, by 10; and if from 3 to 12 months, by 12; divide this figure by the food value of one cubic centimeter of the food used (0.7 in natural milks, by 2 in good unsweetened condensed milks or by 3 in good sweetened condensed milks) and the result is the average number of grams or cubic centimeters of milk required to feed the child calorically for twenty-four hours. Obviously, this account should be divided by the number of feedings ordered for the day, to secure the amount necessary for one feeding and in addition each feeding should be diluted or modified as the special requirements of the given child may necessitate. Ordinarily, about 25 per cent of water should be added to the uncondensed milk fed to an infant under three months of age and after three months the normal child should take pure undiluted milk. When condensed milks are used the amount of water should be increased to replace that removed by condensation.

The following hypothetical examples illustrate this point:

NO. 1 (NATURAL MILK)

NORMAL BABY 10 WEEKS OLD WEIGHING 4,000 GRAMS

Divide weight by 10 ..... 10)4,000

Divide by value 1 c. c. milk. 7)400=calories necessary for 24 hours.

Divide by number of feedings 6)571=c.c. of milk required for 24 hours.

95=c. c. of milk for each feeding.

Add dilutent and modifier.

NO. 2 (CONDENSED UNSWEETENED MILK)

BABY 8 WEEKS OLD, WEIGHING 3,600 GRAMS

Divide weight by 10 …… 10)3,600
Divide by value 1 c. c. milk 2)360=calories necessary for 24 hours.
Divide by number of feedings 6)180=c. c. of food required for 24 hours.
30=c. c. of food for each feeding.

Add dilutent and modifier.

NO. 3 (CONDENSED SWEETENED MILK)

BABY 2 WEEKS OLD, WEIGHING 2,000 GRAMS

Divide weight by 10 …… 10)2,000
Divide by value of 1 c. c. food 3)200=calories for 24 hours.
Divide by number of feedings 7)66+=c. c. of food required for 24 hours.
9+=c. c. or grams of food for each feeding.

Add dilutent and modifier.

In any of these examples, if a dilutent or modifier is added having a food value, the amount in calories of the 24 hours' supply of the modifier should be subtracted from the total calories before the rest of the problem is figured out.

For example, suppose sugar is to be added in Example No. 2.

Divide weight by …….. 10)3,600
360=total calories for 24 hours.
Subtract sugar value …. 72=value of 18 grams of sugar used, 3 grams in each feeding.
Divide by value 1 c. c. milk 2)298=calories of *milk* for 24 hours.
Divide by number of feedings 6)149=c. c. of milk for 24 hours.
25=c. c. of milk each feeding.

In working with the system outlined above one should constantly bear in mind that it applies only to the mathematical side of feeding and even here results must be considered as *averages*.

Fortunately, there is on the Philippine market an abundant supply of sweetened, full-cream milks of excellent quality. When raw fruit juice, orange, pineapple or coconut, is given to the baby, even in small quantities, we rarely see rickets or scurvy.

ADVICE FOR FEEDING THE BABY

1. Keep the milk in the coolest possible place, away from flies, insects and dust.

2. Wash the mixing pan and spoon in hot water each time before and after using. Do not use these utensils for any other purposes.

3. The person who prepares the food for the baby should wash her hands with soap and water each time before preparing the food.

4. Wash the baby's face before and after feeding, particularly around the mouth and wipe dry with a clean cloth.

5. Hold the baby in the half-sitting position and feel slowly from a spoon, or, if the child is strong enough, allow it to drink from a cup, slowly and a little at a time.

6. It should take about from ten to fifteen minutes to give the baby all his food.

COLIC

Colic is usually due to an accumulation of gas in the stomach or intestines and most always due to overfeeding; rapid feeding, improper food and exposure to cold. The pain is sharp and griping. The cry of the child is sharp. The legs are drawn up and the feet are cold. Hot flannels should be applied to the abdomen. A little hot water with a little peppermint water added should be given internally to help expel the gas. By keeping the child warm the attacks may be avoided. Never give soothing syrups or drugs.

CHICKEN-POX

Chicken-pox is an acute contagious disease occurring most frequently in children and one attack is usually all that a person ever has in a life time.

Symptoms.—Chills, pains in the back and vomiting, with fever. A rash appears about the second or third day, as in smallpox. Most all cases are treated in a hospital, due to the contagious character of this disease.

Treatment.—Liquid diet should be given. The patient should have cool baths, the eyes should be washed with boric acid solution and the crusts that form over the pustules should be softened with vaseline. Care should be taken to prevent scratching or pulling off the scabs so as to avoid scarring.

MUMPS

Mumps is an acute infectious disease accompanied by swelling and inflammation of one or both of the large glands situated beneath the ears.

Symptoms.—The patient complains of headache, restlessness and is feverish; there is also vomiting.

Treatment.—Hot compresses should be applied to the affected parts to relieve the pain. Hot camphorated oil rubbed into the neck will relieve the tight feeling. Liquid or soft diet should be given and the child isolated from other children.

WHOOPING COUGH

Whooping cough is very infectious through the discharges from the nose and throat.

Symptoms.—It begins with a bad cold, extending into the bronchial tubes, accompanied by high temperature and rapid pulse. In about ten days the child begins to cough. The cough is deep, loud and long-drawn, with shrill inspirations. The child turns blue in the face. The veins of the neck are swollen and the patient becomes exhausted. The disease lasts from about four to six weeks.

Treatment.—Light and nourishing food should be given and the child isolated.

MEASLES

Measles is an acute, highly contagious disease.

Symptoms.—Measles may come on with a fever, running of the eyes and nose, coughing and sneezing. A spreading eruption appears about the fifth day and is slow in fading. The disease lasts from six to fourteen days.

Treatment.—The patient should be put to bed in a room well ventilated but with not too bright a light on account of the inflamed condition of the eyes. A warm bath should be given daily and hot drinks should be given to hasten the coming out of the rash. The eyes should be bathed with cold boric acid solution and the mouth and nose kept clean. Liquid or soft diet should be given.

One of the most dangerous complications of this diease is pneumonia.

EXAMINATIONS OF CHILDREN ENTERING SCHOOL

Parents should have their children, before entering school each year, examined for the following possible existing conditions:

1. Defective vision.
2. Defective hearing.
3. Defective breathing.
4. Defective tonsils.
5. Tubercular glands.
6. Defective teeth.
7. Malnutrition.
8. Weak lungs.
9. Heart trouble.
10. Nervous disorders.
11. Condition of the feet.
12. Mental defects.

If a child is not in good health, it cannot make desired progress in school work; and, moreover, is liable to contract any contagious disease that comes along, thereby being robbed of its inherent right to grow into a robust, healthy adult.

PHYSICAL EXAMINATIONS OF "AMAHS,"[1] COOKS, AND "MUCHACHOS"[2]

The *amah*, cook and all house *muchachos* should be free from tuberculosis, syphilitic and nervous disorders, intestinal parasites, amœbæ and all skin diseases. The employer should have the servants examined by the family physician for the above-mentioned diseases, and should receive from him a written certificate of the condition of health of each servant. Stool examinations should be made once in every six months, or even oftener in case of bowel trouble. If this precaution is taken, it will largely contribute towards the good health of your children and the household in general. It is impossible to prevent the *amah* or other servants from kissing the children in their care and it is through kissing and the handling of the food that we eat that intestinal diseases are oftentimes contracted. With the servants free from such health undermining diseases, they will prove good-tempered, willing and efficient helpers, for an unsound body cannot have a sound mind and in an unsound mind there is no reasoning power. There are no servants in the world so willing and anxious to submit to any medical treatment or to conform so quickly to the teaching of hygiene, if by so doing it will bring them robust health, as are the Filipinos. It may prove a little expensive in the beginning, but it is a very satisfying feeling to know that healthy people are serving us and surely it is a noble charity to give this class of people *health*.

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[1] *Amahs:* Nurses for children.
[2] *Muchachos:* House servants.

INTESTINAL DISEASES AND PARASITES

AMOEBAE

Amœbæ germs are taken into the system by drinking impure water and by eating uncooked foods. They may sometimes be transmitted by the house servants who, although apparently perfectly well and strong themselves, are infected with amœbæ and act as carriers, transmitting the germs in the handling of dishes and food.

Symptoms.—Often begins by irregular diarrhea. There is vague lassitude, fever, puffiness under the eyes, chills and sweating. There is also pain in the location of the liver and around the right shoulder. There may be intermittent attacks of dysentery or constipation may be present. In severe cases there are bloody and mucus bowel movements. If this disease is neglected, abscesses of the liver may occur.

Treatment.—Constant and untiring medical supervision, with special attention to bathing and general hygiene, and frequent examinations of the stools.

ACUTE DIARRHEA

Diarrhea is an acute inflammation of the mucus membrane lining the intestines. The character of the diarrhea depends upon the seat of the lesion and cause of infection.

Treatment.—The patient must be put to bed, the abdomen and feet kept warm, a flannel bandage applied to the abomen and hot water bags to the feet. A laxative of castor oil, from one to two ounces, should be given. Fresh air, quiet and frequent bathing are essential. Liquid diet should be given, with the exception of *milk, which is restricted.* Give barley water, strained clear broth or albumen water. If food is rejected by vomiting, the best results are obtained by giving the stomach a few hours' absolute rest.

ROUND WORMS

These are the parasites most frequently found in man and are very common in tropical and warm climates. The infection occurs more often in children than in adults. It is transmitted to the human system by means of impure drinking water and improperly handled food which contain the eggs. It is possible for mice and rates to contaminate food through their feces which harbor this parasite and it may thus be passed on to the human intestine.

Symptoms.—The patient suffers from fever, nausea, pain in the stomach, itching of the nose and eyes, irritability, sometimes vomiting and pallor. The worms sometimes wander to various parts of the body, getting into the stomach, nose, and throat, and, unless gotten rid of, they may cause abscesses of these organs as well as puncturing of the liver.

Treatment.—Constant medical care and supervision. Special attention should be given to the general hygiene, scrubbing the hands thoroughly before eating. No cold or uncooked foods should be eaten.

HOOKWORM

This parasite is widely distributed in tropical and subtropical countries. It lives in water and moist ground. If neglected, hookworm infection is one of the most fatal of all parasitic diseases. The infection generally enters the human system through bare feet, the first sign of which is of "ground itch." Impure water and dirty hands may also be responsible. When it enters through the skin, the little worms come from the feces of someone who has the disease and are then taken up by the circulation into the air passages and on down to the stomach and into the intestines. The mouth of the parasite has heavy, sharp little teeth with which it pierces the mucus lining of the bowels. It has a strong, muscular windpipe by means of which it sucks the blood from the body and causes anæmia, the most characteristic symptom of this disease. In Porto Rico, in 1903, out of a total of 23,433 deaths caused by hookworm infection, 5,736 were caused from anæmia.

Symptoms.—Marked anæmia. The skin takes on a dirty, muddy hue, sometimes of a waxy-white color. The eyes are dull and the expression heavy. The abdomen (belly) becomes "pot-bellied" from flatuency and distention. In children, growth is stunted and ill-developed.

Treatment.—Constant medical supervision, frequent stool examinations in order to determine the progress and severity of the infection and especial attention to the daily hygiene. In using the toilet, care should be taken to have the excreta taken immediately by the sewer, or, where there is no sewer, the excreta should be covered and disposed of in a way to prevent access to flies or bugs and where bare feet may not come in contact with it.

CONSTIPATION

Constipation may be acute or chronic. It is usually caused by faulty habits, insufficient quantity of water, improper eating and lack of outdoor exercise. It is likely to occur in the old and the sick because of lowered vitality which weakens the muscles in the abdomen and those of the intestinal walls. The principal cause of constipation at all ages is lack of regularity in evacuation. Normally, the bowels should move once or twice daily. The character of the stools should be free and soft formed. The odor and color are influenced entirely by the food that is eaten. The best time to form habits for the bowels to move regularly is immediately after eating, for when the food enters the stomach it has a tendency to induce peristalsis. This is a wave-like movement which passes over the intestine, descending to the rectum. Therefore, it is much easier for the bowels to move soon after eating.

Diet in constipation.—This should be composed of fresh vegetables, fruits, fruit salads and plenty of olive oil, brown bread, corn bread and rye bread, stewed figs as a breakfast dish, (apples either raw or stewed) in the evening and prunes, stewed or raw, before going to bed. Massage is most excellent but it must be properly given and special attention paid to the manipulation of the spine. Swimming and golf, in fact all forms of outdoor exercise will tend to strengthen the abdominal muscles, improve the general circulation and regulate the liver. Frequent warm tub baths, followed by a cold spray, are excellent. Laxatives and cathartics are necessary to relieve acute constipation, but it is well not to form a habit of taking these drugs as they will not *cure* the disease. Instead, they often cause irritation of the intestines and set up a catarrhal condition, especially if taken for a long and constant time. Castor oil may be given to clean out the intestinal tract, but almost always constipation follows this treatment. Saline preparations, such as Epsom salts and fruit salts, if taken daily or too frequently, may cause anæmia and upset digestion. No medicines should be taken constantly in the treatment of constipation without the order of a physician.

Diseases brought on by constipation.—Insomnia (sleeplessness), various kinds of indigestion, bad breath, headaches, poor circulation, cold hands and feet, numbness of the extremeties, bad complexion, sallowness, facial eruptions, piles or hemorrhoids (both bleeding and itching). Constipation is almost always the predisposing cause of all illness.

Suggestion for correcting constipation.—Before retiring and upon rising in the morning, drink large quantities of water. Have a special time for going to the toilet whether the bowels are inclined to move at that time or not. Complete relaxation at this time is absolutely necessary.

SOAPSUDS OR SIMPLE ENEMAS

The simple enema is given to relieve temporary constipation. It is made with hot water and soap (all caustic soaps should be avoided as they are much too irritating to the lining of the intestines). All air should be expelled from the syringe before inserting the nozzle, by letting the water run until it runs *warm*. If air is injected it will cause unnecessary griping. The temperature of the enema should be from 100°. to 105°F. The quantity of water used for an adult is from two to four pints; for a child, from one to two pints. To give this enema, have a clean fountain syringe with a small, hard, sterilized rubber nozzle attached. The patient should lie on the left side, or on the flat of the back. In either case, the knees must be flexed to relax the abdominal muscles. The tube should be injected gently, after lubricating upward and backward, *but without force.*

INSOMNIA (SLEEPLESSNESS)

This may be relieved by the application of heat to the feet and the abdomen by means of a hot water bottle, by putting an ice cap to the head, and by gently rubbing the entire body with alcohol. A light meal, such as a glass of hot milk, or a cup of hot chocolate with a cracker, will induce sleep by drawing the blood supply from the brain to the stomach. A darkened room is advised, as oftentimes the brain cannot rest in a lighted room. A handkerchief bandage over the eyes in some case is beneficial.

FEVERS

DENGUE FEVER[1]

Dengue is an acute, specific disease transmitted by the bite of mosquitoes. It usually lasts from one to two weeks. Fortunately it does not cause death.

Symptoms.—This fever comes on suddenly and begins with a severe pain in some part of the body. There is often great pain back of the eyeballs, with intense headache, backache and aching joints. Children are sometimes attacked by convulsions or delirium. Constipation or diarrhœa may be present. The temperature rises rapidly, reaching as high as 103°F. to 106°F. The pulse is increased according to the rise in temperature, reaching as high as 140. There is profuse sweating when the temperature begins to fall. Between the fifth and seventh day a rash appears, covering the hands, arms, body and legs. This rash is sometimes mistaken for scarlet fever. In light cases of the disease the rash may be absent.

Treatment.—The patient is put to bed. The bowels are cleaned out by giving a course of calomel, one-tenth of a grain given every half hour until one grain is taken. This is followed by one tablespoonful of Epsom salts. The patient must be kept on nourishing liquid diet, with plenty of refreshing cold drinks such as orange juice, lemonade and plenty of cold water. A warm cleansing bath should be given once daily. Cold sponge baths should be given to reduce the fever and alcohol rubs to soothe the aching joints. An ice cap should be kept on the head and hot water bottles applied to the body wherever there is pain; and medicines administered according to the physician's orders.

Prevention.—Kill the mosquito and sleep under mosquito nets.

NOTE.—When liquid diet is ordered, it should be given every two hours during the day and every three to four hours during the night unless otherwise ordered by the physician. Six to eight ounces at each feeding should be taken.

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[1] Sometimes called "Break bone fever."

MALARIA

Malarial fever is an infectious disease of the blood caused by the bite of a mosquito and the infection very rapidly destroys the red blood corpuscles. There are three types of the disease: Intermittent and chronic. The most common and frequent type is the intermittent.

Symptoms.—Intermittent malaria is characterized by definite chills. In the first stage of the disease the chill lasts from ten or fifteen minutes to more than one hour. The patient suffers from intense headache and nausea, accompanied by vomiting. The face is flushed and the patient feels as though he were burning up. The temperature rises to 103° F. and 105° F., there is profuse perspiration and intense thirst. A similar attack may come on the next day at about the same time, but it usually skips a day.

The "Zigzag" on the road to Baguio

"A yard of screen in the window is better than a yard of crape on the door."

Treatment.—During the attack the patient should be made comfortable by applying hot water bags to the body and legs and an ice cap to the head. The intense thirst may be quenched by a drink of cold lemonade and the high temperature lowered by a sponge bath followed by an alcohol rub. Constant medical supervision is recommended in order to get rid of the disease and to prevent marked anæmia.

NOTE.—Quinine and mosquito nets are a help in preventing the spreading of malaria, but the best and surest preventive *is to kill the mosquito.*

TYPHOID FEVER

Typhoid fever is a highly infectious disease. It is caused by eating bad food and drinking impure water and milk which has come in contact with someone who has typhoid or is a carrier of the disease. *Flies* are one of the greatest means of spreading this infection as they infect the food we eat. Typhoid fever is sometimes called "nervous fever" or "enteric fever." It is an ulceration of certain parts of the bowels with a general catarrhal condition throughout the intestinal canal.

Symptoms.—Some of the symptoms are headache, digestive disturbance, pain in the back and legs, abdominal tenderness, nose bleeding and a slight diarrhea, although constipation may be present. The temperature rises morning and evening, sometimes to 104°F. and 105°F. The disease usually lasts from two to three weeks, depending upon the severity of the attack. Little red spots appear on the abdomen about the second week. They are called "rose-colored spots" and disappear upon pressure. The third week is the anxious period as the disease often is at its worst stage at that time and the patient may have a relapse.

Treatment.—The patient must be kept perfectly quiet in bed. The bed and bed linen must be kept sweet and clean by changing at once should the slightest spot appear on them, especially of *urine* and *fecal matter,* as the smallest spot of either of these excretions can spread infection to another person for the reason that the germ is eliminated from the body through the bowels and urine.

The excreta must be disinfected with chloride of lime or carbolic acid solution (1-20). Bichloride of mercury is not recommended as it forms an albuminous covering and the germs live inside. No waste matter should be thrown near a pump or water supply, or near fishing beds. Where there is no sewerage, it is best to mix the waste matter with paper or sawdust and burn it.

Diet.—The diet is usually liquid, consisting of milk and the most nourishing of broths. The patient must be urged to take nourishment, which should be given every two hours during the day and every three to four hours during the night. From six to eight ounces of nourishment is given at a time.

To determine the positive diagnosis of typhoid fever, the blood is examined. This is called the "Widal test." The value of inocculation against typhoid is an established fact. Sir Almoth Wright introduced it into the British Army and it was so successful that in 1909 the United States Army began to use it and has used it ever since. It is compulsory in the Philippine General Hospital School for Nurses. It would be well for all Americans and Europeans living in the Far East to be inocculated because of the uncertain purity of the water supply. Especially is this true of China.

ICE BAG AND HOT WATER BOTTLE

Ice bag and how to fill it.—Wash and break into fine pieces some ice which has been placed in a cloth. Fill the ice bag a little more than half full of the broken ice. Expel the air from the bag to prevent heaviness and melting of the ice. Pin a towel nicely around the bag. A safety pin should be used for this.

How to fill a hot water bottle. Fill the bottle half full with hot water. Expel the air so as to prevent bursting and heaviness. Be careful that the bottle does not leak and burn the patient. Cover the bottle with a towel pinned around it with a safety pin, care being taken that no uncovered part of the bottle is directly exposed to the body of the patient.

BICHLORIDE SOLUTION

Bichloride tablet	1 (7½ grains)
Water	1 pint

Method of preparing.—Dissolve the tablet in the water. This makes a solution of the strength of $^1/_{1000}$. This is a very simple method of preparing the solution for disinfecting purposes. Do not use bichloride in sinks and drains as it corrodes the pipes.

CHLORIDE OF LIME

Chloride of lime	4 ounces
Water	1 gallon

To be used in disinfecting the bowel movements and urine of typhoid fever cases. A pint or a quart of the solution should be mixed with the feces or urine and allowed to stand for two or three hours covered tightly in order to prevent flies from getting into the mixture.

DISINFECTING SOLUTION

Carbolic acid	6½ ounces
Glycerine	4 fluid ounces
Warm Water	1 gallon

This forms a five per cent solution suitable for disinfecting dishes, clothing, theremometers, drains and the hands when caring for infectious or contagious disease. Clothes should soak in it for several hours, then be wrung out of the solution and thoroughly boiled.

SMALLPOX

Smallpox is highly contagious and almost always the patient is removed at once to a hospital for contagious diseases, so that this disease is rarely ever nursed in the home.

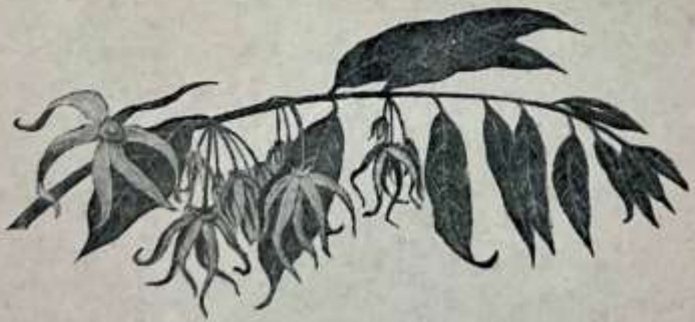
Symptoms.—The disease comes on with headache, intense pain in the back and limbs, high fever and vomiting. There is a pimply rash which appears first on the forehead and wrists and feels like shot. In a few days the rash covers the body. The face swells, the nose, eyes and throat are infected.

Treatment.—The patient should be isolated at once. Cold sponge baths, to allay the fever, should be given. The strength of the patient should be kept up by giving a nourishing diet, such as milk, ice cream, eggnogs, hot chocolate, etc. *Vaccination* is a *preventative* and is much better than having the disease.

LOTION FOR EXCESSIVE PERSPIRATION OR TO USE IN CASES OF ILLNESS WHERE BED SORES ARE THREATENING

Alum	6 drachms
Water	8 fluid ounces
Alcohol (95 per cent)	8 fluid ounces

Apply frequently to the affected parts.



TUBERCULOSIS (CONSUMPTION)

Tuberculosis is an infectious disease. The germ is carried by kissing, dry expectoration, dust, eating and drinking utensils and sleeping in the same bed with a person having this disease. All clothing, handkerchiefs and dishes used by persons suffering from tuberculosis should be disinfected after using and all clothing should be disinfected before going to the laundry.

Benguet Mountains

Symptoms.—Loss of appetite, night sweating, weakness, fatiguing easily, loss of weight, fever and a cough. The temperature is usually normal in the morning but rises in the afternoon and the face becomes flushed. The disease may attack any part of the body. Koch, who discovered the tuberculosis germ in 1882, says that this disease is not inheritable. The germ is found in the sputum; therefore, all secretions from the mouth should be received in a vessel containing a solution of one-twentieth carbolic acid.

"Gentlemen will not—loafers must not—spit on the floor."

Treatment.—The patient should have rest and, if there is fever, should remained in bed. Any exertion that might cause fatigue should be avoided.

Diet.—The patient usually has no appetite, so it is important that the food be served daintily. Plenty of eggs, milk and animal fats such as bacon and butter, should be given, also mayonnaise; almost any of the oil dressings are excellent as they are tissue builders and heat and energy givers.

Hemorrhage.—In case of hemorrhage of the lungs, keep the patient quiet, give cracked ice, apply an ice bag to the chest and send for a doctor.

COLDS

Colds are one of the most prevalent and common acute germ diseases that we have, yet they are very difficult to advise on, especially as to preventative and curative measures. A number of different germs grow on the mucus membranes of the nose, throat and the entire respiratory tract and set up a catarrhal condition which, unless promptly attended to, may become chronic and develop into bronchial or pulmonary trouble. Usually, people who suffer from frequent acute colds have a lowered vitality, or else suffer from constipation. The resisting powers of the body should be raised and constipation treated. In this way colds may be somewhat avoided and their severity lessened. The general health should be built up so that the body may be strengthened enough to resist the germs. These germs are contracted in street cars, cinemas, churches and crowded buildings. They are also found on towels, pencils and public drinking cups, in which cases the germs are transferred to our hands.

Symptoms.—Headache, chilliness, sore throat and fever.

Treatment.—Persons suffering from a cold should be very careful always to wash the hands well with soap. Before eating, a gargle should be used and the nose irrigated or douched with a warm solution of salt, using one teaspoonful of salt to a pint of water. This should be followed by an oil spray or by vaseline snuffed up the nose. The douche loosens and dissolves the mucus and the grease lubricates and heals the mucus linings. The bowels should be thoroughly cleaned and the patient should go to bed. A hot lemonade with a little brandy or whiskey in it, about two to four tablespoonfuls to a glass of lemonade, and a hot bath, will help to relieve the congested parts and distribute the temperature of the body by dilating the blood vessels.

HOW TO TAKE THE TEMPERATURE, RESPIRATION AND PULSE

TEMPERATURE

To take the temperature, first be sure that the mercury is well shaken down in its place in the thermometer. Second, wipe the thermometer off with a little alcohol. Third, place the thermometer under the tongue, with the lips closed for three or five minutes.

The temperature is often ordered taken in the axilla (armpit), when the patient is delirious, or after certain operations, or in cases of extreme weakness. When the armpit is used, it should be wiped free from perspiration and the thermometer placed well between the skin folds and the arm crossed over the chest.

The rectal temperature is best for infants, small children and restless or delirious patients. The thermometer is oiled and inserted about two inches into the rectum and held in place by an old piece of soft linen or absorbent cotton. The thermometer should not be used in the rectum in cases of diarrhea or when the rectum contains feces.

The temperature of the mouth is usually about half a degree higher than that of the axilla and the temperature in the rectum again half a degree higher than that in the mouth.

The thermometer should always be washed after each using and before being put away.

RESPIRATION

Respiration is an important act of breathing and when we remember that through the act of respiration the body is supplied with oxygen, without which life cannot be maintained even for a few moments and that with the act of expiration the body throws off carbonic acid gas, a poison which if retained in the body would be fatal to life, it is readily understood that any interruption to the normal breathing is likely to cause trouble.

To take the respiration.—Place the hand flat on the chest or abdomen and count for one minute the number of times that these organs rise. This gives you an idea of the rapidity of breathing. The normal rate of respiration is as follows:

Male adult	16-18
Female adult	18-20
Young children	20-25
Infants	30-35

PULSE

The pulse is the beat or impulse that is felt on the expansion of an artery, produced by the systolic action or the contraction of the heart and arteries. The pulse indicates the state of circulation of the heart and blood vessels. To take a pulse, place two fingers (*not the thumb*) steadily over the radial artery. This is located at the wrist above the thumb. Keep the fingers at this point for about one minute. Count the number of beats by the second hand on a watch, for one minute and you will have an *idea* of what the pulse is. The average normal pulse is as follows:

Men	60- 70
Women	65- 80
Children	90-100-120

PULSE RATES IN THE AVERAGE NORMAL INFANT AND CHILD

Age.	Rate.
At birth	120-150
At one month	120
At one year	120-130
At two years	90-115
At three years	80-110
At seven years	72-90
At twelve years	70-76

At puberty the pulse is higher, ranging from 80-85. The reason for this is because the nervous system is more or less excitable. The greatest importance should be attached to good hygiene, exercise, and diet at this period until the change has matured.

BATHS

The temperature of baths varies. The water should always be tested by a bath thermometer. A hot bath varies from 98°F. to 110°F., a warm bath from 85°F. to 98°F., and a tepid bath from 70°F. to 85°F. A hot bath stimulates the nervous system and dilates the superficial blood vessels and pores of the skin. The activity of the sweat glands is increased, they are freed from any poisonous accumulations and impurities of the blood, skin and kidneys are carried off with the perspiration. The frequency of a hot bath all depends upon the individual. Hot baths should be followed by a cold spray or an alcohol rub, but only after the body cools. They should never be taken during pregnancy or during the menstrual period.

CLEANSING BATH

A cleansing bath is merely a soap and water tub bath in which the body is well soaked and a soft flesh brush (or bath mitten) used to stimulate circulation. This should be followed by a rinsing off with a cold or tepid shower or an alcohol rub. Care should be taken to dry the skin thoroughly and particular attention given to the ears, armpits, feet and hands. A good talcum powder is nice to finish the bath with and a good deodorizing power is excellent to use under the arms and on the feet to kill any body odors.

A *sponge bath* is given in fever cases to reduce the temperature. In preparing to give such a bath it is necessary to have the bed arranged as follows: Protect the mattres by spreading several layers of newspapers, covered by large bath towels or a blanket, over it. A rubber sheet is excellent for this purpose but expensive. Two ice caps should be used, one for the head and the other for the abodmen. The ice caps should have covers on them. A hot water bottle should be applied to the feet. There should be two basins containing water and ice to give the bath, and another basin for additional ice to keep the bath cold. The temperature of the bath should be kept at about 65°F. The patient is then covered with a sheet and the body gone over in sections, beginning with the face and neck, then proceed-ing to the arms, then the chest, abdomen, legs and feet. The bath should be given with long, light, downward strokes, as the object of such a bath is to bring the water in contact with the body without producing friction. The sponge is changed after every third or fourth stroke. The patient is turned over on one side and the back is then sponged. Five minutes times is given to each section of the body. The patient is finally turned over on the back and a clean, dry nightgown, opened down the back, is slipped on, the patient's temperature taken, a cold drink given and the patient kept quiet.

VAGINAL DOUCHING

A douche is a stream of water, medicated or otherwise, directed against a part or into a cavity. The vaginal douche is given for cleanliness, to check hemorrhage, arrest inflammation and to relieve pain. When given to check hemorrhage, the douche should be as hot as can be tolerated, from 110°F. to 115°F. being the temperature usually given. When the douche is given for pain and inflammation, the temperature should be from 100°F. to 105°F. A thermometer should be used in testing the temperature of these two douches in order to avoid burning the patient. When given for cleansing purposes, the douche should be a tepid one.

THE SKIN AND COMPLEXION

The skin.—The outer or superficial layer of the skin is composed of scales which are constantly renewed and reproduced by the deeper layers. This outer layer of skin, if cut, will not bleed and is the layer which is raised by a blister. It serves as a covering to the body, has organs of secretion and both sweat and sebaceous glands. Water and many impurities coming from the blood are poured onto the surface of the skin in the form of sweat. The sebaceous glands supply a fatty or oily fluid which lubricates the skin and keeps it soft. It is a combination of this oily secretion mixed with sweat, dust and the old skin that is constantly giving itself up which causes blackheads, pimples and various skin irritations.

The complexion.—The skin of the face needs untiring care and attention to keep it in a healthy condition as it is constantly exposed to the sun, wind and dust. Before retiring or before the mid-day rest, the face should be cleaned by gently going over it with a good cleansing cream to remove the dust and dirt. The face should be given once daily a ten-minute massage with some excellent massage cream and this followed by an ice rub.

To remove blackheads.—First, use a cleansing cream to soften the hardened impurities. Then steam the face for a few minutes by covering it entirely with wet towels wrung out of *very hot water*. Keep this up for about five minutes, then apply tincture of green soap, which may be purchased at any drugstore. Rub this well over the affected parts, let it remain on for a few minutes, then bathe the parts in warm water and gently press the blackheads out, first covering the fingers with a piece of sterilized old linen. After this is done, rub ice over the face to contract the pores of the skin. The care of the complexion must begin with the general health, for no part of the skin is more affected by neglect of bathing, lack of exercise, or by disturbed digestion. The bowels should be kept regular and plenty of pure water taken to flush the alimentary canal and all indigestible food avoided. If these few, simple rules are followed faithfully, the complexion should be clear.

SPLENDID OINTMENT FOR BLACKHEADS

Sulphur	1 drachm
Green soap	1 drachm
Precipitated chalk	90 grains
Zinc ointment	1 ounce

Apply this ointment to the skin, covering it well, on retiring. The next morning wash the skin thoroughly with warm water and soap and it will be found that most of the blackheads will have disappeared. The application may be repeated at intervals until all are removed.

TO CLEAR A SALLOW COMPLEXION

Phosphate of soda	1 teaspoonful
Hot water	1 glassful
Fresh ripe fruit	plenty

Method of procedure.—First, find out from a physician whether there is anything radically wrong with the stomach, bowels and liver. If not and the general health is good otherwise, it is not at all a difficult thing to clear a sallow complexion. In the first place, cut out from the diet all tea and coffee and highly seasoned food, also pickles, catsups and chutneys. Eat plenty of ripe fruits, like oranges and apples, every day. Every morning before breakfast take a teaspoonful of phosphate of soda in a glassful of hot water and another dose at night before going to bed. This treatment is excellent for toning and regulating the bowels, but do not keep it up any longer than required.

ACNE

Acne is a chronic inflammation of the sebaceous glands and one of the most disfiguring of all skin diseases, except smallpox. It is characterized by the development of papules, or pustules, which may include comedones (blackheads). Although appearing often in persons of apparently robust health, acne has been attributed to gastro-intestinal disorders, anæmia, uterine disorders, etc.

It is a frequent disease of puberty, both in the male and female.

Treatment.—The treatment of acne should be both local and constitutional. The general health should be built up and, if there is constipation, necessary treatment should be given to correct it. Local medication is of the greatest importance. Electricity and vibratory massage are valuable for their stimulating influence upon the skin. The greatest attention should be given to the diet and every effort exercised to avoid auto-intoxication by keeping the bowels regular and all the functions of the body in a normal condition.

A good local medication is of the greatest importance. The following may prove a remedy in many cases:

Rescorcin	½ drachm
Zinc sulphate	2 drachms
Potassium sulphuret	2 drachms
Water	4 ounces

Cleanse the face thoroughly and apply two or three times daily.

MASSAGE

Massage or systematic rubbing and manipulation of the tissues of the body, is probably one of the oldest of all means used for the relief of bodily infirmities. It was used by the Chinese more than three thousand years ago and is still extensively used by them and also by the Japanese who undoubtedly learned it from the Chinese. The Swiss have used massage for over four hundred years. Its value has extended over almost all the world; even the Laplanders and the natives of the Sandwich Islands and the Maoris of New Zealand use it. Massage aids the circulation of the blood and is most useful in elimination of impurities from the system; it often cures constipation, joint or bone trouble, nervousness, insomnia and poor digestion. It will also remove wrinkles from the face, but for this purpose it must only be given by an expert, one who has a thorough knowledge of anatomy and physiology.

SCABIES (ITCH; SARNA)

Scabies is a contagious skin disease caused by a tiny animal called the itch mite. This little bug crawls over the skin, lays eggs and infests the epidermis (outer skin). Scabies causes intense itching which is worse at night. The parts more frequently attacked are the hands between the fingers, the wrists, the axilla, buttocks and the inner side of the legs and toes.

Treatment.—The disease responds quickly to treatment. A vigorous hot bath with germicidal soap (which may be purchased at any drugstore) should be given. Then apply sulphur ointment and bandage the affected part. Repeat this treatment every other day until cured.

RINGWORM OF THE SCALP, FACE, AND BODY

Mild cases.—Scrub with tincture of green soap. Paint with tincture of iodine and cover with flexible collodion after the iodine has dried.

To apply a collodion dressing.—Take a thin piece of absorbent cotton, place it over the affected part, soak it with the collodion and let it dry. Remove by moistening with a little alcohol.

GOOD OINTMENT FOR RINGWORM

Subnitrate of bismuth	30 grains
Oxide of zinc	30 grains
Lanoline	½ ounce
Vaseline	½ ounce

To be well rubbed in two or three times a day.

SUNBURN

Sunburn is exceedingly painful and may be relieved by applying a solution of baking soda, olive oil, or zinc ointment and by excluding the air from the sunburned part.

CARE OF THE HAIR

The hair grows on an average of one-half inch a month. It should be taken down and brushed before retiring and the scalp massaged a little by rubbing it for five or ten minutes in order to stimulate the circulation and soften and make the hair glossy by distributing the oil that is supplied by the sebaceous glands. The hair should be shampooed at least once in ten days, care being taken that all alkali from the soap used is thoroughly rinsed from the scalp and hair. It is well to add a little lemon juice or vinegar to the last rinsing water and then follow this by a clear-water rinse. A tonic once or twice a week massaged into the scalp is excellent and refreshing.

Note.—The cleaner the hair and scalp is kept the better it is for the skin of the face as impurities from the scalp fall onto the face and cause infection.

PEDICULOSIS (LICE)

Both grown persons and children affected with vermin of the head may be cured by the following treatment: Mix one-half liter of olive oil or coconut oil with one-half liter of kerosene oil. Shake the mixture well and saturate the hair with it. Then wrap the head in large towel or bath cap, being careful that the head is entirely covered. The head must remain covered from six to eight hours. After removing the towel, shampoo the head as follows: To two quarts of warm water add one teaspoonful of sodium carbonate. Wet the hair with this solution and then apply castile or Ivory soap, and rub the head thoroughly about ten minutes. Wash the soap out of the hair by repeated rinsings of clear, warm water, then dry thoroughly. (Tincture of larkspur may be used instead of the oil mixture. The directions for its use are the same as for the oil mixture.)

HEADACHE—EARACHE—TOOTHACHE—CARE OF THE EYES

HEADACHE

Headache is a *symptom* and *not a disease* and should be treated by a physician.

Temporary treatment.—Relief may be had by massage, or by an ice cap or hot water bottle applied to the head. The feet should be kept warm and the patient made to rest in a well-ventilated, darkened room. Any of the coal tar products, such as aspirin or acetanilid, provided the patient has no heart trouble, may be given.

Sick headache.—Very often a sick headache is caused by indigestion. When this is so, clean the stomach out by drinking several glasses of warm water containing a little baking soda and induce vomiting by running the finger down the throat. On the other hand, if the patient has a vomiting headche, apply a mustard plaster over the stomach (*not the abdomen*). If there is constipation, wash the bowels out by a simple enema. If the headache persists, consult an occulist and a physician.

EAR AND EARACHE

The ear is divided into three parts: External ear, middle ear, and internal ear. It has a canal about one inch long.

Earache should never be neglected as it usually is a symptom of some other on-coming disease, or the result of bad tonsils, adenoids, or catarrh of the nose or throat.

Symptoms.—Pain in the ear and a slight rise in temperature ranging from 99° F. to 102° F.

Treatment.—Rest as much as possible, apply to the ear a hot water bottle covered with flannel and send for a doctor.

To syringe the ear.—Sterilize a fountain syringe, by boiling in water for twenty minutes and attach to it a small glass point for this purpose. A rectal tube will also answer the purpose. Use sterile, tepid water and *no force.*

TOOTHACHE

Toothache may be relieved by inserting into the cavity of the tooth a piece of cotton saturated with oil of cloves. Then rest quietly. A hot water bag may be applied to the face if the pain continues. After the pain ceases, consult a dentist at once.

THE CARE OF THE TEETH AND PYORRHEA

The teeth should be cleaned at least twice daily: In the morning upon arising and at night before retiring. Whenever possible, they should be cleaned after each meal. A good, clean toothbrush and some agreeable, non-injurious tooth powder or paste should be used. The throat and mouth should be washed out twice daily by using any of the many fine washes on the market. Listerine and Lavoris are excellent and pleasant to use. When using toothpicks and silk (dental floss) be careful not to injure the gums. Dr. Riggs states that "pyorrhea is caused by the accumulation of tartar about the teeth and under the gums, and causes an inflammation and shrinking of the gums, for as the tartar gradually extends farther down on the tooth it slowly forces the gum out of place. The surrounding tissue is eventually destroyed, the teeth loosen and fall out."

WASHING THE EYES

Never use patent eye medicines. A saturated boric acid solution is permissible and is splendid to use after returning from a long motor ride where the eyes have suffered strain and encountered dust. When washing out the eyes, use an eye syringe or an eye cup. If a syringe is used, syringe the solution away from the other eye, catching the used solution with a piece of absorbent cotton. If the eyes are irritated, use a drop or two of 20% solution of argyrol. Argyrol will stain clothing so be very careful in its use, but it is excellent for inflammation of the eye. If the eyes ache, use either hot or cold compresses. A compress is made from a piece of old, sterilized linen, gauze or absorbent cotton, cut in small pieces of about two inches square by two and one-half inches thick. The compresses are wet in either hot or cold water or laid on the top of ice and then applied to the affected eye and they should be changed every five minutes. Never use the same compresses for both eyes.

To remove a foreign body from the eye.—Have the patient look down; a pencil or match is then placed across the upper lid, the lashes seized and the lid turned over. The exposed part is then wiped off.

BORIC ACID SOLUTION

Boric acid	½ ounce
Water (boiling)	1 pint

Method of preparing.—Pour the boiling water over the boric acid powder and stir constantly until well dissolved.

This is to be used for an antiseptic wash.

ACCIDENTS

ACCIDENTS TO THE HEAD

In practically all cases of accidents to the head, treat the injured part with hot water and pressure, except for an open wound which should be washed with an antiseptic solution of hot salt solution and then painted with tincture of iodine. A physician should be called to make sure that there is no concussion or fracture.

CUTS, BRUISES, AND ABRASIONS

The injured part should be washed at once with some antiseptic solution, then painted with tincture of iodine; or a wet dressing of witch hazel or alcohol may be applied and the part then bandaged.

BURNS

Burns are usually very painful whether covering a small or large area. Of course, the larger the area affected, the greater the danger.

Treatment.—Treat at once by applying a strong solution of baking soda, flour paste, olive oil or vaseline and exclude the air. If there is a blister, open it by puncturing it with a sterile needle or snip it with a pair of sharp scissors. Do not remove the skin as this protects the delicate surface below it. Bandage the burned part and repeat daily dressings until healed. If the bandage adheres to the sore, loosen it by wetting with some antiseptic solution before removing.

SCALDS

A scald is caused by hot oil, hot water or steam, but is treated in the same way as burns.

How to tell the difference between a scald and a burn.—When any part of the body is scalded, the little fine hair on the skin remains, whereas in the case of a burn this hair is singed off.

SPRAINS

Sprains are caused by wrenching the ligaments of a joint. They are sometimes so severe that the blood vessels are ruptured. Treat at once by placing the injured part in a moderately hot water bath, gradually making the bath as hot as the patient can stand it. The affected part should remain in the hot bath about half an hour, then taken out, dried gently and placed in a comfortable position protected from weight or air.

DOG BITE

In case of dog bite, the wound should at once be washed with carbolic acid solution or ammonia and a tight bandage applied to the bitten part and the doctor sent for at once. The dog should be closely watched to determine whether it has rabies. Rabies comes on very gradually, first with pain in the wound, then nervousness, difficulty in swallowing, convulsions, and sometimes paralysis. Bites about the face and head are the most dangerous and the patient should receive immediate medical attention.

CAUTION IN GIVING OR TAKING MEDICINES

1. The medicine closet should be kept locked.

2. Poisons should be kept separate from other medicines. They may either be put into colored bottles or distinctly labelled "Poison." They should never be kept on the same shelf with other medicines but should have a separate shelf, and for this the top shelf of the medicine closet is usually the safest place as it requires effort to reach it.

3. Never use medicines from which the labels have been lost. Throw all such medicines away. Many medicines look very much alike. Oxalic acid and Epsom salts look much the same and may easily be taken one for the other.

4. Read the labels of all medicines three or four times before taking.

5. Shake all liquids thoroughly before taking.

6. Never take medicines in the dark.

7. Measure carefully and exactly all medicines.

8. Every household should have a measuring glass. A teaspoon is a very uncertain measurement as spoons vary so in size.

9. Drops should be dropped with a medicine dropper and not by the cork or by holding the finger over the top of the bottle.

10. Iron and acid medicines should not touch the teeth. They should be given through a glass tube put well back in the mouth and the mouth well washed immediately after taking the medicine.

11. Most medicines, especially liquids such as acids and irons, are given well diluted so as not to irritate the stomach.

12. When taking calomel, do not take milk, eggs, or salty foods.

THE HOUSEHOLD MEDICINE CLOSET

It would be well if every household medicine closet could be equipped with the following:

One douche bag.
One ice cap.
One clinical thermometer.
One bath thermometer.
One graduated medicine glass for accurate measuring.
One medicine dropper.
Three two-inch gauze bandages.
Three one-inch gauze bandages.
One package of absorbent cotton.
One package of hospital gauze.
One one-half ounce bottle of tincture of iodine.
One one-half ounce bottle of argyrol, 10 per cent solution.
One six-ounce bottle of pure carbolic acid.
One six-ounce bottle of glycerine.
One bottle of hydrogen peroxide.
One bottle of lysol.
One jar of soda bicarbonate.
One tube of white vaseline.
One tube of carbolated vaseline.
One two-ounce jar of zinc oxide ointment.
One four-ounce jar of boric acid powder.
Two seidlitz powders.
One bottle of aspirin.
One eight-ounce bottle of brandy.
One three-ounce bottle of aromatic spirits of ammonia.
One bottle of mouth wash: Listerine or Lavoris.
One six-ounce bottle of Epsom salts.
One six-ounce bottle of castor oil.
One six-ounce bottle of olive oil.
Calomel, one-tenth grain with sodium bicarbonate.
Syrup of figs with equal parts of cascara segrada.
One can of dry mustard.
Cough medicine.
Chlorotone inhalant.
One atomizer.
One bottle of bichloride of mercury (blue).

POISONS AND ANTIDOTES

ACCIDENTAL POISONING

In all cases of poisoning, the first thing to do is to find out what kind of poison has been taken. The poisons most commonly taken are the opium preparations, carbolic acid; arsenic and bichloride of mercury. A doctor should be sent for at once, but in the meantime begin treatment. An emetic (something to cause vomiting) should be given, or else run the finger down the throat and tickle it. The emetic may be a teaspoonful of dry mustard mixed in a cupful of warm water, given to the patient to drink, or it may be warm salt water, or warm oil, but in either case not more than half a pint of the emetic should be given at a time lest the walls of the stomach become paralyzed from over-distention. Do not use an emetic when an alkaline or acid poison has been taken. Instead, give albumen in the form of whites of eggs, milk, and lime water. Do not give oil as it helps absorption of the poison. The bowels should be emptied as soon as possible, especially if the poison has entered the intestines.

BICHLORIDE OF MERCURY OR CALOMEL POISONING

Symptoms.—Pain in the abdomen, nausea with vomiting, swollen mucus membrane of the mouth, and bloody bowel movement.

Treatment.—Give the whites of six or eight eggs, milk, flour and water.

CARBOLIC ACID OR LYSOL POISONING

Symptoms.—Burns about the mouth, odor of the drug on the breath, acute pain from the mouth to the stomach, and collapse. This poisoning is usually fatal.

Treatment.—Give alcohol, whiskey or lime water, raw whites of eggs, Epsom salts, three teaspoonfuls of the latter dissolved in water. The patient should be kept warm.

OPIUM PREPARATIONS: PAREGORIC, MORPHINE, AND LAUDANUM

Symptoms.—Drowsiness, slow and weak breathing, pupils of the eyes contracted and unconsciousness.

Treatment.—Empty the stomach and give the patient strong, black coffee to drink. This helps to keep him awake. Do not not allow the patient to go to sleep; walk him up and down, slap him, and use almost any method to keep him awake but be careful not to exhaust him. The stomach should be kept empty by repeated vomiting or washing out, as the drug returns to the stomach even when given hyperdermically. Keep the patient warm.

ARSENIC, PARIS GREEN

Symptoms.—Puffiness and itching of the eyelids, nausea, metallic taste in the mouth, colicky pains and loose bowels.

Treatment.—Empty the stomach by washing or forced vomiting. Give whites of eggs, milk and a dose of castor oil.

IODINE POISONING

Treatment.—Give flour and water, whites of eggs and baking soda.

IVY POISONING

Ivy is very poisonous to most people and when brought in contact with the skin excites an inflammation.

Treatment.—It is an acid poison and should be treated with an alkaline, such as baking soda made into a paste with water, or soapsuds. The application should be continued for a few hours, then the inflamed parts dusted with starch and the patient placed under medical treatment.

JELLYFISH POISONING AND TREATMENT

The dangerous jellyfish of Manila Bay belong to a species of Dactylometra and is more prevalent at certain seasons of the year than at others, particularly so from June to November. Its sting is at all times most unpleasant and often extremely dangerous.

Symptoms of jellyfish poisoning.—Some of the symptoms are excruciating pains across the back and general pains spreading from the region of the sting; nausea and vomiting; in severe cases a watery discharge from the throat accompanied by a dry, hacking cough; often paroxysms of coughing; and mental depression which at times is so great that the patient wants to commit suicide.

Symptoms of a patient who was stung by one of the Carybdeidae species of jellyfish.—The stings were inflicted on the feet and legs. Wherever the jellyfish touched the body a purplish swollen ridge appeared in a few seconds. Within a few hours each of these ridges was marked by a continuous blister and, although opened several times, the blisters persisted for about a week. Swelling of the legs and feet commenced almost immediately and lasted for from seven to eight weeks, the patient being unable to walk on account of the intense swelling. About ten minutes after the sting was inflicted general muscular spasms ensued. Those of the respiratory muscles began in about twenty minutes and were especially severe, the patient having great difficulty in breathing. The heart action became very feeble and the patient became semiconscious, which condition lasted about one-half hour. The pulse could be taken only with difficulty. Three doses of whiskey, one-half ounce at each dose, were administered but with little result. It was necessary to administer, by mouth, $^1/_{100}$ grain of strychnine, after which the heart action improved. The patient was confined to his bed for five days and did not move about for several weeks owing to a return of the swelling and pain in the affected parts. The nervous shock was great and the patient did not fully recover for two months or more. The immediate shock and the effect of the poison was so great that although the sting was inflicted in shallow water only a few meters from shore, the patient was able to reach the shore only by the aid of a fellow bather and was then taken home on a stretcher. Such a sting as this, if inflicted when a swimmer is out in deep water, would be a very serious matter as there would be danger of immediate drowning.

Treatment of jellyfish poisoning.—Bathe the affected parts freely with equal parts of 95 per cent alcohol and vinegar. Dilute ammonia may also be used. Follow by a dressing made of equal parts of soda-bicarbonate and olive oil. Where there is great pain, collapse, muscular contraction and nervousness, administer the following:

Whiskey	½ ounce	by mouth
Strychnine	1/100 grain	

Also, one-quarter grain of morphine, hypodermically, to relieve the burning pain and quiet the nervous symptoms. Keep the head cool by the application of an ice cap and apply hot water bottles to the body if the patient suffers much collapse. Six hours after this treatment give one-half ounce of Epsom salts.

Note.—Keep out of the water when there are jellyfish!

MUSHROOM POISONING

There are many varieties of *mushrooms*, some exceedingly poisonous. The above refers to mushrooms, not *toadstools*.

Symptoms of poisoning.—Intense desire to laugh at practically nothing and to laugh for a longer time than is warranted by the incident. This is followed by a peculiar sensation of faintness, which in turn is followed by unconsciousness and convulsions, epileptic in character, which may end in death; or, should the patient recover, the condition may continue for several hours. The poison is an alkaloid, the action of which varies according to circumstances. It may cause intense cerebral stimulation under which the brain acts with abnormal quickness and clarity. The desire to laugh may be entirely absent. The attack may come on shortly after eating the poisonous mushrooms or may not be manifest until several hours after eating. The patient may act in an erratic manner and be suspected of being under the influence of alcohol. The severity of the poisoning will depend upon the quantity of poisonous mushrooms eaten and the susceptibility of the individual.

Treatment.—The antidote is morphea and atropine in full doses, hypodermically, repeated as often as required according to the nature of the case. A doctor should be sent for as soon as poisoning is suspected and an emetic given to empty the stomach of its contents and thus prevent, or limit, the absorption of the poison into the system. If this is done early enough, no harm will result to persons eating poisonous mushrooms.

INSECT BITES AND STINGS

To allay the itching and swelling of a mosquito or other insect bite, bathe the parts with 1-20 carbolic acid solution, or pure vinegar or baking soda solution.

The poisons of insects are acid. The irritation is therefore best relieved by an alkaline application, such as ammonia, soda, and common kitchen soap. Carbolic acid is excellent as it acts as a superficial anesthesia. If the patient feels exhausted and nervous, give a teaspoonful of aromatic spirits of ammonia in a glass of cold water.

COUNTER-IRRITANTS

Counter-irritants relieve deep-seated inflammation by dilating the blood vessels so that the circulation of the blood through them is increased. The blood is brought to the surface thus relieving the inflamed part beneath. The commonly used counter-irritants are mustard plasters and turpentine stupes.

MUSTARD PLASTER

To make and apply a mustard plaster.—Take equal parts of dry mustard and flour, mix into a paste with warm water and spread between two layers of soft cloth. Apply this to the affected part, cover the plaster and leave on from ten to twenty minutes. When the plaster is removed, a little vaseline is rubbed over the affected part which is then covered with a soft cloth.

For children, four parts of flour to one part of dry mustard should be used in making the plaster, adding the white of one egg to make it non-blistering.

SPICE POULTICE

Ginger	1 teaspoonful
Cinnamon	1 teaspoonful
Cloves	1 teaspoonful
Cayenne pepper	1 teaspoonful
Flour	½ ounce
Brandy	enough to make a paste

Method of mixing.—Add to the flour the ginger, cinnamon, cloves and cayenne pepper. Then add enough brandy to make a soft paste. Put the paste into a bag made of soft linen and sew the bag up. The same poultice may be used several times by dipping the bag in hot brandy when required for use.

A spice poultice is a counter-irritant and is excellent for neuralgia or headache.

FLAXSEED POULTICE

Water	quantity desired
Flaxseed meal	
Old linen, muslin, or cheese cloth	

Method of preparing.—Heat the desired quantity of water nearly to the boiling point, add the flaxseed meal slowly, stirring constantly and vigorously with a spoon until the mixture is of the consistency of hot mush, too thick to flow. Spread this with a knife on a piece of soft linen or muslin or cheese cloth. Test the poultice to see that it is not too hot, then apply to the affected part, cover with paraffin paper and bandage it on. Renew every few hours.

The addition of a little sweet oil or glycerine will help to keep the poultice soft. Everything must be in readiness before the poultice is mixed or it will get cold very quickly.

TURPENTINE STUPES

These are used to relieve pain, distention of the intestines, soreness of sprains and to allay nausea.

To make.—Mix a teaspoonful of spirits of turpentine with the same amount of olive oil and add to a pint of boiling water. A piece of flannel, three times as large as the area to be covered, should be dipped into such hot water that it is impossible to wring the flannel with the hands. The flannel should be placed in the middle of a towel and the hot water then wrung out by taking the two ends of the towel and twisting them in opposite directions. The turpentine stupes are usually applied for from ten to fifteen minutes and kept hot by changing them about every five minutes. At the end of the treatment, the skin must be thoroughly dried and warm cotton or flannel laid over the parts.

KITCHEN PHYSIC

An important branch of the mother's profession is to acquaint herself with the stomachic idiosyncrasies of each member of her household. Certain compounds and some simples do not agree with one person, while others thrive upon them. To be cognizant of the peculiarities of each constitution is to be forewarned of the danger of gastronomic experiments. Lay down as a positive law that it is wrong—a sin against the body given by God—to eat what one is sure will disagree with one. Tabulate for your own convenience a code of "kitchen physic," namely, that Indian meal is laxative; oatmeal, heating; wheat-flour, binding; that tea is slightly astringent, and coffee, creamed, a gentle aperient; that sweets and rare beef engender gouty acid in those disposed to rheumatism and constitutional headache; that candies and other confectionery ferment into sharp acid in an empty stomach, and should, therefore, never be eaten unless as a dessert. The same is true of pickles. Except when eaten in combination with meats and other oily foods, they are actively unwholesome. The schoolgirl habit of champing pickled cucumbers and pickled limes, as a starving pauper might gnaw a crust, is pernicious and disgusting. The skins of raisins and grapes are indigestible. Figs are a well known cathartic, a fact that the housemother should avail herself of where a doctor, if summoned, would prescribe a drug. It is always better to control digestive irregularities by diet than by medicines, each of which is a poison which cures one ill by creating another.

The veteran practitioner who insisted fifty years ago that "cupboard cures" were safer and surer than those wrought by materia medica was in advance of his age. The present century is just growing up to his standard.

Certain articles of food unwholesome to some constitutions may be modified with wholesomeness by the use of certain condiments which act as correctives to hurtful qualities.

For example, nuts may be eaten freely when salted. Thus treated they are introduced at dinner as digestive agents and appetizers. When accompanied by fruits, nut-oils are readily assimilated by the gastric juices. Hence, nuts and raisins go naturally together upon the menu.

WHAT EVERYONE SHOULD KNOW ABOUT CANCER

Cancer is a lawless growth of body cells which destroys life if allowed to run its course. Cancer cells escape the control of the laws of the body which govern the growth of normal cells and grow at a more rapid rate. The abnormal growth continues until a mass of tumor is formed and surrounding tissues are invaded. Eventually parts of the original growth may break off and be carried through the blood or lymph vessels to other organs and tissues of the body where they start secondary growths. It is the extension of the disease in this manner that leads to the common but erroneous belief that cancer is a constitutional or blood disease. Cancer is, on the contrary, at first purely a local growth and in the early stages is usually removable and curable.

1. Cancer begins as a small local growth which can often be safely and easily removed in the early stages by competent surgical treatment, or in certain favorable cases by radium, X-ray or other methods.

2. The beginning of a cancer is usually painless; for this reason its onset is doubly insidious and other danger signals must be looked for and heeded in time.

3. Cancer is not a constitutional or blood disease and there should be no thought of disgrace or hereditary taint associated with it.

4. Cancer is not a contagious disease and there is no danger from living in the same house or from contact with a patient.

5. In any ordinary sense, cancer is not inherited. Some authorities believe that there may be inheritance of a certain tendency to the disease, but even this is not clearly established. The disease is so frequent that by the very law of chance many cases will occur in some families. Life insurance companies do not regard cancer in the family as a reason for rejecting applicants or increasing premiums.

6. A persistent lump in the breast, or continued abnormal discharge or bleeding should take a woman or her doctor forthwith. The increased flowing which frequently occurs at the change of life is always suspicious, as is the return of the flowing after it has stopped.

7. Sores, cracks, lacerations, lumps, and ulcers which do not heal, and warts, moles or birthmarks which change in color or appearance are danger signs which deman competent medical investigation and treatment.

8. Persistent indigestion in middle life with loss of weight and change of color, may mean internal cancer.

9. Continued irritation in some form rather than a sudden blow is the usual exciting cause of cancer.

10. A doctor who says "Wait and see," assumes a serious responsibility. No competent doctor will treat a suspicious symptom without making a thorough examination.

11. During the Great War the United States lost about 80,000 soldiers. During the same two years 180,000 people died of cancer in the United States. Cancer is now killing *one out of every ten persons over forty years of age.*

CANCER OF THE BREAST

This is one of the most hopeful and curable forms of cancer because early diagnosis is comparatively easy. Nevertheless, the disease spreads rapidly from this locality and immediate treatment is imperative.

In general cancer is not painful during the curable stages, and in the breast in particular any lump is vitally important whether painful or not. The only exceptions are the lumps suddenly appearing in the nursing breast which are usually unimportant. While many persistent lumps are not cancer any of them may turn into cancer. Those which appear after 30 years of age are especially important. All lumps in the breast at any age should therefore be promptly seen by a competent surgeon since, as a rule, they demand prompt removal. By no means do all women realize that the operation for the removal of small lumps is a trifling one and the fact that little or no disfigurement takes place if the lump proves benign. On the contrary, delay means radical operation which, though necessary, may be dangerous and mutilating. It should be remembered that any lump which is allowed to persist until it is recognized as cancer will prove fatal if further neglected.

CANCER OF THE UTERUS

This is a frequent disease. Formerly it was among the most hopeless forms of cancer but now conditions are better because early diagnosis and removal is possible and under modern methods relatively safe. Many thousands of patients could be saved if the surgeon were consulted earlier but unfortunately women have very erroneous ideas on this subject. One of the commonest errors is the belief that excessive flowing at the change of life is normal and to be expected. Again and again the doctor secures this history from patients too far advanced with cancer of the uterus to permit of successful operation. Women should understand that excessive flowing at any period of life is abnormal and should be investigated. At the time of the menopause (*change of life*) it is very suspicious. It may be due to a benign tumor or to other non-cancerous conditions but it is absolutely essential to know exactly what the cause is. Pelvic pain and foul discharge are late symptoms and when they appear it is usually too late for radical cure although the patient may be benefited by proper treatment. Women past the change of life should be made to realize the necessity of seeking advice when there is a return of the flow. This is a very important sign of danger and should be investigated at once. Women should consult their physician at once upon the first appearance of anything abnormal.

The first warning signs of this disease may be best summarized as (1) any change in the menstruation and (2) any change in the discharge which has been usual with the patient. Any spotting following injury to the cervix as with douche, examination, etc., is especially significant. Watery, slightly stained discharges are also particularly important. These are not necessarily signs of cancer but they are warnings which should lead to immediate consultation with a doctor and to immediate and thorough examination.

CANCER OF THE STOMACH AND INTESTINES

Since cancer of these organs cannot be seen until the stomach is opened, it is necessary at first to depend largely upon symptoms for a diagnosis. The X-ray, however, can often demonstrate suspicious changes in the outline of the stomach or intestines. Moreover, the normal function of these organs when attacked is usually interfered with early and this ought to arouse suspicion of the individual and send him to his physician at once. Especially is this true of patients of 35 or 40 years of age and over, whose symptoms point to the disturbance of digestive function. Indigestion is a very common complaint but in a person over 40, who has not had it before, especially if accompanied by loss of weight, it is something that should at least lead one to think of cancer. It is by no means a sure indication of cancer of the stomach, but if it persists it is well to be on the safe side and have a thorough examination with the aid of all modern methods of diagnosis, particularly the X-ray. A change in appetite, such as a distaste for meat, is not infrequently a symptom of cancer of the stomach, and vomiting, often without visible blood, is still a graver danger signal.

Intestines.—The first symptoms of cancer of the intestines are similar. Persisting diarrhea, with bleeding, is a common warning sign. Cancer of the rectum is frequently mistaken for hemorrhoids (piles) and treated as such. Bleeding from the rectum is often due to this cause but it may be an early symptom of cancer and therefore in any event demands thorough examination. Only in this way can a differential diagnosis be made and here again treatment without examination is wrong.

CANCER OF THE TONGUE AND SKIN

Cancer of the tongue has been frequently traced to constant irritation from badly fitting or broken dental plates, sharp edges of decayed teeth, etc. Smoking as a form of chemical irritation produces a form of chronic inflammation of the tongue and the formation of small fissures. Patients suffering from any of the above lesions should receive competent medical treatment at once, as cancer of the tongue spreads rapidly.

Cancer of the skin frequently originates in benign lumps or ulcerations. Most warts and moles are unimportant but those which change in size, shape, or appearance or are subject to irritation should be regarded with suspicion. Their removal may prevent cancer. Persistent irritation, ulcerations, or lumps anywhere in the skin should be watched. If there is an increase in the rate of growth or if ulcerations appear such conditions should be removed at once. Competent treatment of these so-called precancerous lesions and of actual early cancer of the skin means, as a rule, minor operation or the use of X-ray or radium. The use of caustics in competent hands is sometimes successful but as a rule other methods are safer and produce less deformity.

CANCER IS NOT CONTAGIOUS OR INFECTIOUS

The possibility of transferring cancer from one person to another by direct contact should be practically disregarded. In all the thousands of recorded operations for cancer there is no report of a case acquired from the patient by any surgeon or nurse. Cruel neglect of some patients has been known to occur because of groundless fear of "catching" the disease. This is doubly unfortunate since cancer in the incurable stage demands the extreme of patience and humane care of the sufferer.

Ordinary care and cleanliness should, of course, be observed in attending cancer patients as in case of any kind of illness, but isolation and fumigation as in the case of contagious disease is not called for. Soiled dressings should be carefully collected and disinfected or burned, not because there is any danger of contagion of cancer but because the discharges and dressings contain germs such as those which cause boils, erysipelas, and other skin inflammations.

NEED OF EDUCATING THE PUBLIC

The problem, then, is to get the case into the hands of a competent medical adviser while it is still in the early and curable stage, or even more fortunately while the patient exhibits merebly those conditions which are now widely recognized as predisposing factors in the causation of cancer. No matter how great his skill or how modern his knowledge, the doctor cannot help a patient who does not come to him.

The people must therefore be taught to recognize the disease when it first begins and to realize that early surgical removal, or the application of other modern remedies which are sometimes useful in competent hands, is the only hope of cure and that hope is very great if the patient is wise enough to act promptly. It is easy for a certain type of mind to make the charge that propaganda of this kind represents only another scheme of the doctors to get patients. Fortunately, it is also easy to answer that the doctors lose rather than gain since nearly every cancer patient gets into the doctor's hands sooner or later and in the early stages the operation is comparatively small and trifling, while in the later stages it may be desperate and costly.

Pagsanjan Falls

Liquid and Soft Diet for the Sick and Convalescent

By
Mrs. Samuel Francis Gaches, R.N.

> *A good sick-cook will save digestion half its work.*
>
> —FLORENCE NIGHTINGALE.

LIQUID AND SOFT DIET FOR THE SICK AND CONVALESCENT

By Mrs. Samuel Francis Gaches, R. N.

Ex-Directress of Nurses and Principal of the Philippine General Hospital School of Nursing, Manila, P. I.

ALBUMEN WATER

White of egg	1
Cold water	½ cupful
Salt	a few grains

Method of mixing.—Stir the white of egg with a silver fork to set free the albumen in order that it may easily dissolve as the water is added gradually. Add the salt, strain and serve.

APRICOT CUSTARD

Apricots	½ can
Sugar	6 tablespoonfuls
Orange juice	4 tablespoonfuls
Whites of eggs	4
Powdered sugar	2 teaspoonfuls

Method of mixing.—Strain the apricots from their juice and rub through a sieve to a pulp. Add the sugar and orange juice, cook and stir constantly until thick. Then add the eggs, well beaten to a stiff consistency, pour into a baking dish, dust with powdered sugar and bake for twenty minutes. Serve at once.

This custard may be served with whipped cream or any kind of wine sauce.

Diet in the hands of an expert is far more effective than drugs. I speak from a large experience in both systems.

—DR. YORK DAVIS, London.

ASPARAGUS SOUP

Canned asparagus tips	1/3 cupful
Chicken stock	2/3 cupful
Onion	¼ slices
Yolks of egg	1
Milk	1 tablespoonful
Salt	⅛ teaspoonful
Pepper	a few grains

Method of preparing.—First bring the asparagus to the boiling point in its own liquor, then drain; add it to the chicken stock and onion and let simmer for about ten minutes, then rub through a sieve. Add the milk, egg yolk and seasoning. Strain and serve hot at once.

BARLEY WATER

Barley	2 tablespoonfuls
Cold water	1 quart

Method of preparing.—Wash the barley, add cold water and let stand for three or four hours. Cook in the same water in which the barley has been soaking until the water is reduced to one-half in quantity, if it is to be used for infant feeding. If for adults, reduce the quantity of water to one cupful. Salt, cream or lemon juice may be added to please the appetite of the patient or according to the instructions of the physician.

BEEF JUICE

Round beefsteak	amount desired

Method of preparing.—Cut the steak one and one-half inches thick, removing all skin and fat. Broil quickly until heated through. Then cut into pieces two or three inches square, squeeze out the juice with a lemon squeezer, season slightly and serve warm in a heated glass.

To reheat beef juice, place the desired amount in a glass or cup, then put this into a saucepan containing warm water about 160° F. Do not permit the temperature to rise above this as a stronger heat will coagulate the albumen.

BEEF TEA AND YOLK OF EGG

Egg yolk	1
Beef tea	1 cupful

Method of preparing.—Beat the egg yolk until light, put it in a serving bowl and gradually add the hot beef tea, beating all the while. Serve at once.

BEEF TEA WITH RICE

Beef	
Cold water	2 kilos
Salt	2 liters
Rice	½ teaspoonful
Onion	1 tablespoonful
Parsley	1 slice
	1 small sprig

Method of preparing.—Select a nice piece of round beefsteak, remove the fat, wash and cut the steak into small pieces, put into a double boiler, add the cold water, salt and rice and let cook from two to three hours. Then add the onion and parsley and let simmer for one-half hour. Strain and serve as needed.

BRANDY COCOA

Cocoa	1½ teaspoonfuls
Sugar	1½ teaspoonfuls
Boiling water	3 tablespoonfuls
Scalded milk	2/3 cupful
Brandy	3 teaspoonfuls

Method of mixing.—Make the same as hot cocoa and add the brandy at the last minute. Serve at once.

CHICKEN BROTH

Chicken	4 pounds
Rice	1 tablespoonful
Onion	½
Parsley	a small bunch
Salt	1 teaspoonful
Cold water	2½ quarts

Method of preparing.—Clean the chicken thoroughly, removing all pin feathers and lights. Scrub the skin with soap and water, rinse three or four times in clear, cold water, then disjoint the chicken, cut each joint in two pieces, put into a pot with the cold water, add the rice that has been washed well, the onion cut in slices, salt and parsley. Cook slowly until reduced to one quart, strain and place on ice. This is sufficient for three nourishments.

COFFEE SHAKE

Coffee (strong and black)	1 pint
Sugar	2 tablespoonfuls
Egg	1
Milk	½ pint
Whipped cream or meringue	quantity desired

Method of mixing.—Mix the coffee, milk, egg and sugar together and put in a cocktail shaker containing cracked ice. Shake thoroughly until ice cold. Strain into fancy tumblers that are ice-cold. Top each portion with a spoonful of sweetened whipped cream or sweetened and flavored *meringue.*

COFFEE SOUFFLÉ

Black coffee infusion	1½ cupfuls
Milk	½ cupful
Salt	¼ teaspoonful
Vanilla	½ teaspoonful
Granulated gelatine	1 tablespoonful
Eggs (separated)	3

Method of preparing.—Mix the coffee infusion, milk, sugar, granulated gelatine, salt and slightly beaten egg yolks together. Cook until the mixture thicken. Remove from the stove, add the whites of the eggs, stiffly beaten, then the vanilla. Mold, chill and serves with whipped cream or flavored plain cream.

CREAMED EGGS ON TOAST

Eggs	3
Toast	3 slices

Method of preparing.—Hard boil the eggs, peel, cut lengthwise, add white sauce to them and serve hot on toast. Garnish with parsley or fresh mint.

CREAMED SHRIMPS

Yolks of eggs	2
Anchovy sauce	1 teaspoonful
Milk	½ cupful
Shrimps	1 dozen
Toast	as many slices as desired

"Perseverance in a self-denying course of eating and drinking will soon make plain, wholesome food palatable and it will be eaten with greater satisfaction than the epicure enjoys over his rich dainties."

Method of preparing.—Mix in a saucepan the yolks of the eggs, the anchovy sauce and the milk. Then add the shrimps, let them get hot, but do not allow the eggs to curdle. Serve hot on toast.

DRIED BEEF

Butter	2 tablespoonfuls
Chipped beef	½ pound
Milk	1 cupful
Flour	1 tablespoonful
Egg	1

Method of preparing.—Melt the butter and add the chipped beef. Cook until the edges curl, then add the milk which has been previously heated. Stir in the flour which has been mixed with a little cold milk, add the egg well beaten and serve.

EGG LEMONADE

Lemon juice	½ lemon
Sugar	1 tablespoonful
Egg	1
Nutmeg	a little grating
Cold water	6 ounces

Method of mixing.—Fill a mixing glass three-quarters full of ice. Add the juice of the lemon, the egg, sugar and water. Transfer to a shaker and shake until thoroughly mixed. Strain into a lemonade glass and grate a little nutmeg over the top.

EGGNOG

Egg	1
Sugar	1 tablespoonful
Nutmeg	a grating
Milk	1 glassful
Brandy	1 teaspoonful

Method of mixing.—Separate the egg; beat the white to a stiff froth and add the yolk. Beat again, add the milk, stir well and strain. Now add the sugar and nutmeg, pour from one glass to another, then add the brandy.

Serve hot or cold as desired.

FLAXSEED TEA

Flaxseed	1 teaspoonful
Boiling water	1½ cupfuls
Lemon juice	1 teaspoonful
Sugar	1 teaspoonful

Method of mixing.—Add the water to the flaxseed and simmer for about an hour. Drain, add the sugar and lemon juice to the liquid and serve hot or cold as desired.

FROZEN APRICOTS

Apricots	1 quart can
Granulated gelatine	2 tablespoonfuls
Sugar	1 cupful
Cream	1 pint
Cold water	½ cupful

Method of mixing.—Drain the apricots from the can, mash them through a colander, add the sugar and stir until dissolved. Cover the gelatine with the water and let it stand for half an hour. Then stand it in a pan of hot water, stir occasionally, add it to the apricot mixture and freeze. When frozen, stir in the whipped cream. Repack and let it stand for two hours.

HOT COCOA

Cocoa	1½ teaspoonfuls
Sugar	1½ teaspoonfuls
Boiling water	2 tablespoonfuls
Milk	2/3 cupful
Salt	a few grains
Vanilla	a few drops

Method of mixing.—Mix the cocoa, sugar and salt and add the water gradually, while stirring constantly. Bring to the boiling point and let boil for one minute. Turn in the scalding milk and beat for one minute with an egg-beater. This prevents the forming of scum, which is unpleasant. Add the vanilla, stir and serve hot at once.

ICED CHOCOLATE

Chocolate	1½ squares
Sugar	4 tablespoonfuls
Milk	3 cupfuls
Whipped cream	4 teaspoonfuls
Vanilla	a few drops
Orange extract	a few drops
Salt	a few grains
Boiling water	½ pint

Method of mixing.—Melt the chocolate, add the salt and, by degrees, the boiling water. Stir until smooth, bring to a boil and cook for one minute. Slowly add the milk which has been scalded, stirring until thoroughly mixed. Set into a basin of crushed ice and let it stand until chilled, stirring occasionally. Add the vanilla, divide into equal parts into four thin glasses that are very cold, and decorate each glass with a spoonful of whipped cream sweetened to taste and flavored with the orange extract.

CHOCOLATE PEPPERMINT FREEZE

Method of making.—Prepare the same as iced chocolate, adding to each portion a few drops of essence of peppermint.

LEMONADE

Lemon juice	3 tablespoonfuls
Cold water	2/3 cupful
Sugar	1 teaspoonful

Method of mixing.—Add the lemon juice and sugar to the water. Put in a cocktail shaker, with a little ice, and shake until well blended. Strain and serve at once.

LOGANBERRY FRAPPÉ

Loganberry juice	6 ounces
Egg	1
Grenadine syrup	1 teaspoonful

Method of mixing.—Beat the egg with the grenadine syrup. Pour into a tall glass containing crushed ice and add the loganberry juice. Mix with a spoon and serve.

MILK SHAKE

Fruit syrup	¼ glassful
Egg	1
Milk	¼ glassful

Method of mixing.—Turn into a shaker containing several lumps of ice and shake until thoroughly mixed. Strain into a fresh, cold tumbler or glass and serve.

NOTE.—Raspberry, pineapple, chocolate, or sugar and vanilla may be used.

MUTTON BROTH

Neck of mutton	5 pounds
Cold water	2½ quarts
Barley	2 tablespoonfuls
Bay leaf	1
Chopped fresh celery tops	to flavor
Salt	2 teaspoonfuls

Method of preparing.—Remove the skin from the mutton and wash carefully in cold water, cut into small pieces, put in a stewing kettle and cover with water. Bring slowly to a boil and skin. Now simmer for three hours, strain, season with salt and cool quickly. When cold, remove the fat, reheat and serve as needed.

ORANGE ALBUMEN

White of egg	1
Orange juice	1/3 cupful
Pulverized sugar	1 teaspoonful
Crushed ice	2 tablespoonfuls

Method of mixing.—Add the orange juice to the sugar, then the white of egg. Put altogether into a cocktail shaker with the ice and shake until well frappéd, then strain and serve at once.

PEPTONIZED MILK

Peptonizing powder	1
Milk	1 pint
Water	1 pint

Method of mixing.—Put the peptonizing powder into a previously cleaned and sterilized bottle, add the water, shake well, then add the milk and shake again. Put the bottle into a container of water at a temperature of 115°F., let it remain at this temperature for ten or fifteen minutes. Cool quickly and place on ice. Stop the bottle with absorbent cotton.

POACHED EGG WITH BACON

Egg	1
Bacon	1 slice
Toast	1 slice

Method of preparing.—Cut the bacon into squares no larger than dice, fry quickly until nicely browned but on no account burn it. Poach a fresh egg, place it on a nicely toasted piece of bread and surround the egg with the bacon.

The one thing that quickest revives a human being is orange juice.

—DR. PAUL EDWARDS.

PROHIBITION JULEP

Tea	
Lemon juice	1 teaspoonful
Powdered sugar	quantity desired
Mint	1 tablespoonful
Assorted fruits	4 sprigs
	as desired

Method of mixing.—The tea must be strong and freshly made. Put into a glass the lemon juice, sugar and mint. With a spoon bruise the mint against the bottom and sides of the glass to extract the flavor. Strain the contents of the glass into an iced-tea glass half-full of cracked ice. Fill the glass with freshly made tea, decorate with any fresh fruit (pineapple, lemon or orange is very nice). Add a sprig of mint and serve.

RICE WITH PINEAPPLE

Sugar	4 tablespoonfuls
Sherry	4 tablespoonfuls
Banana	1
Cold cooked rice	4 tablespoonfuls
Shredded pineapple	½

Method of preparing.—Put the sherry, sugar, and sliced banana in a saucepan, add the cold cooked rice, cover and cook until the banana is tender. Add the shredded pineapple and cook for two or three minutes, when it is ready for serving.

RICE WATER

Rice	2 tablespoonfuls
Cold water	2 cupfuls
Salt	a few grains

Method of preparing.—Wash the rice by placing it in a strainer and allowing cold water to run through. Soak it for ten minutes in cold water, heat gradually to the boiling point and let boil until the rice is soft. Strain, reheat the rice water, season with salt, and if too thick dilute by adding boiling water.

SCRAPED BEEF

Tender round steak	quantity desired

Method of making.—Cut the steak into thin slices, scrape it lightly with a sharp kitchen knife, first on one side and then on the other until the meat is separated from the tough, stringy fiber.

RAW BEEF SANDWICHES

Method of making.—Prepare the beef as above, except season it with salt and pepper, then spread between two slices of freshly made buttered toast.

SCRAMBLED EGGS WITH MUSHROOMS

Butter	2 tablespoonfuls
Mushrooms	½ can
Eggs	6
Milk	4 tablespoonfuls
Salt	1 teaspoonful
Pepper	1 saltspoonful
Sherry (if liked)	1 tablespoonful

Method of preparing.—Melt the butter in a saucepan, put in the mushrooms which have previously been sliced. When heated, add the eggs well beaten and the milk, then cook until the mixture is of the proper consistency, stirring all the time. Season and serve. If the sherry is desired, put it in before adding the eggs.

TEA

Tea leaves	1 teaspoonful
Boiling water	1 cupful

Method of making.—Scald the pot and empty the water out; put in the tea leaves, pour the boiling water immediately over them, cover for five minutes and serve in a heated cup.

NOTE.—Be sure that you serve the cold things *cold* and the hot things *hot.*—Never lukewarm!

TOAST

It is an art to make good toast and one well worthy of practice. The object is to convert the starch into dextrin, thereby giving to the starch its first step in digestion and that agreeable flavor that is noticeable in crusts of bread. To accomplish this, the bread must be subjected to high temperature after first being thoroughly dried. If the bread is browned on the outside too rapidly, the moisture is shut in the middle. Toast must be crisped to the very center and a golden brown. It should be served directly from the fire and covered with a warm toast cover.

Almost all instructors in cooking agree on the following rule:

Cut bread, a day or so old, into slices one-quarter inch thick; remove the crust, if desired. Dry thoroughly in a moderate oven, then toast over a direct flame or by putting the bread into the oven and closing the door until the toast is a golden brown.

NOTE: An electric toaster is ideal.

WHITE SAUCE

Flour	2 tablespoonfuls
Milk	2 cupfuls
Butter	2 heaping tablespoonfuls
Salt	¼ teaspoonful
White pepper	a dash

Method of mixing.—Melt the butter, add the flour, salt, and pepper. Put the milk in a saucepan, and when it reaches the boiling point add the above ingredients, stirring briskly until it thickens and becomes like sauce.

WINE CUP

Slice of bread (thin)	1
Boiling water	1 cupful
Egg yolk	1
Milk	1 tablespoonful
Port or sherry	1 tablespoonful
Sugar	to taste

Method of mixing.—Thoroughly toast the bread until an even delicate brown. Break it into small pieces, cover with the boiling water and cook slowly for five or ten minutes. Beat the egg yolk and milk together until light, add to the soup and stir for several minutes (keep it below the boiling point). Remove from the fire, add the wine and sugar to taste, and serve at once in a heated bowl.

THE FOLLOWING RECIPES HAVE BEEN COMPILED AND TESTED BY MRS. MIRIAM R. HEDRICK

DONATED BY THE MANILA GAS CORPORATION

CHICKEN SUPREME

Young chickens	3
Thick slice of stale bread	
Maggi's Seasoning	1 teaspoon
Raw egg	1
Flour	
Butter	½ cup
Small tin mushrooms	
Salt and white pepper	
Onion salt	1 tablespoon or 1 onion
Green parsley, chopped fine	2 tablespoons
Salad oil	

Method of preparing.—Clean and dress the chicken and chill in the refrigerator over night. In the morning, remove the legs and thighs and use only the breast which, has been removed in one piece, from the bone. Make the stuffing by slicing the onion very thin, frying it until golden brown in the butter, adding the bread which has been soaked in water and squeezed dry, the salt, pepper and the chopped parsley; then fill breast with this dressing and sew up. Dip in flour and brown in salad oil. Turn the pieces over and over to brown nicely, then reduce the heat, add one half cup or more of water with the Maggi's seasoning and cook for an hour or until chicken can be easily pierced with a fork. When the chicken is done, add two or more tablespoons flour to the fat in the pan. Make gravy with the rest of the water and add the mushrooms. Cook for another twenty minutes. Cook the remaining pieces of chicken to form another dish like fricassee or use the cooked chicken for salad or sandwiches or plain fried chicken.

CORN FRITTERS

Milk	½ cup
Flour	1½ cups
Baking powder[1]	1½ teaspoons
Salad Oil for frying	
Salt	1 teaspoon
Tiny kernel corn	1 can
Butter, melted	1 tablespoon
Eggs	2 large or 3 small

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[1] Calumet baking powder was used in this recipe. If Royal baking powder is used, double the quantity.

Method of preparing.—Add milk to the corn which has been drained. Sift the baking powder and salt with the flour, add the pepper and mix with the milk and corn and add the well beaten eggs. Drop by spoonfuls in the hot Salad oil. When the frietters rise, turn over once, then when golden brown, drain on paper towelling.

PINEAPPLE UPSIDE DOWN CAFE

Brown sugar	1 cup
Eggs	4
Butter	2 tablespoons
White sugar	1 cup
Baking powder[1]	1 teaspoon
Salt	¼ teaspoon
Vanilla flavoring	1 teaspoon
Sliced pineapple	1 can
Pastry flour	1¼ cups
Candied cherries	6
Cold water	3 tablespoons

Method of preparing.—Separate the eggs. Beat the whites until stiff, then add one yolk at a time with 1 tablespoon of sugar, beating lightly and constantly. Sift flour before measuring add baking powder and salt and sift 3 times, then fold in, with a spatula, into the egg and sugar mixture. Add the cold water and vanilla alternately with the flour. Pour this batter into a heavy skillet, in which the butter and brown sugar have been blended and the pineapple rings and candied cherries have been arranged over the bottom of the pan. Bake at 375 degrees for thirty minutes and invert on a large cake plate when done. Serve warm with whipped cream.

CALUMET CHOCOLATE PINWHEELS

Butter	½ cup
Egg yolks	1 or two
Milk	2 tablespoons
Baking powder[1]	1½ teaspoons
Chocolate, melted	1 square
White sugar	½ cup
Vanilla extract	1 teaspoon
Pastry flour	1½ cups
Salt	1/8 teaspoon

Method of preparing.—Cream shortening, add sugar slowly. Add beaten yolks and the vanilla. Add the sifted dry ingredients and the milk. Divide the dough in half and to one half add the melted chocolate. Roll white dough into thin rectangular sheet, then roll the chocolate dough into a sheet of the same size. Place white dough over chocolate and gently press together. Roll as for jelly roll into a tight roll. Chill for several hours to become very firm. Cut into ¼-inch slices; lay cut side down, on greased cookie sheet, and bake at 375 degrees about ten minutes.

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[1] Calumet baking powder was used in this recipe. If Royal baking powder is used, double the quantity.

MOCHA CAKE

White sugar	1 cup
Eggs	5
Baking powder[1]	1 teaspoon
Lemon juice or vanilla flavoring	1 teaspoon
Pinch of salt	
Cold water	3 tablespoons
Pastry flour	1½ cups

Method of preparing.—Separate the eggs. Beat the whites until stiff but not dry and add the sugar gradually. Beat the yolks until thick and lemon colored: combine with the whites and sugar. Sift together the flour, baking powder and salt three times and add to egg mixture, alternately with the cold water. Add flavoring. Bake in two greased layer cake pans in moderate oven for about 25 minutes. When cool, put together with Mocha frosting.

Butter	3 tablespoons
Sifted powdered sugar	3 cups or more
Cocoa	5 tablespoons
Strong coffee	5 tablespoons
Vanilla	1 teaspoon

Method of preparing.—Cream the butter, add the sugar and the cocoa, mixing well. Add the coffee slowly, creaming well and add more sugar if necessary. Spread on cake, and decorate top with bits of candied cherries.

GOLDEN COOKIES

Butter	¼ cup
Pastry cake flour	2 cups
Orange juice	2 tablespoons
More flour as needed	
Egg yolks	4
White sugar	1 cup
Baking powder[1]	2 teaspoons
Grated rind of half an orange	
Cinnamon and more sugar	

[1] Calumet baking powder was used in this recipe. If Royal baking powder is used, double the quantity.

Method of preparing.—Cream the butter and the sugar. Add the orange rind, well beaten egg yolks, orange juice and flour, which has been sifted with the baking powder. Mix and pat out on floured waxed paper. Chill for an hour, if possible, in the refrigerator. This dough is rather moist. Flour the palms of the hands, take a bit of dough the size of a tablespoon, shape into a ball, flatten and dip into saucer containing sugar and cinnamon. Place on greased and floured cookie sheet and bake at 375 degrees for about 10 minutes.

MARBLE CAKE

White sugar	2 cups
Baking powder[1]	3 teaspoons
Unsweetened chocolate	2 squares
Milk	1½ cups
Baking soda	¼ teaspoon
Salt	½ teaspoon
Vanilla	1 teaspoon
White of eggs	5
Pastry flour	3¼ cups
Butter	½ cup
Shortening	¼ cup

Method of preparing.—Cream the butter and shortening with 1½ cups sugar, then add part of the egg whites, beaten stiff. Sift the flour, baking powder and salt three times and add alternately to the creamed mixture with the milk. Add rest of the sugar to the remaining beaten egg whites and fold in lightly with a spatula. Add the flavoring. Divide the butter into two bowls. Melt chocolate over hot water, add the baking soda to it and stir well into one part of the batter. Pour, alternately, into a greased loaf or large cake pan until all is used. Bake at 350 degrees for 45 minutes. When cool, invert and cover with boiled icing.

BOILED ICING

1½ cups white sugar, ½ cup hot water and beaten whites of three eggs, pinch of Cream of Tartar and 1 teaspoon vanilla.

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[1] Calumet baking powder was used in this recipe. If Royal baking powder is used, double the quantity.

Method of preparing.—Boil the sugar and water together, without stirring, until it spins a long thread. Pour slowly on the stiffly beaten egg whites to which a pinch of the cream of tartar has been added. Beat until thick and fluffy. Add the flavoring. Spread all but about four tablespoons of this icing on the cold cake, then add two extra squares of melted chocolate to the icing and pipe in lines on cake.

DELICIOUS MUSHROOM SOUP

Mushroom Soup	2 tablets
Boiling water	4 cups

Method of preparing.—Crumble tablets and form into a paste with a little cold water. Pour boiling water over paste. Let come to a boil and then simmer slowly for twenty-five minutes. Serve with croutons or salted crackers. Makes 8 servings.

BEEF ROLLS

Cadera of beef (sliced thin with the grain)	½ kilo
Garlic (chopped fine)	1 clove
Pinch of Garlic Salt	
.05 ctvos. worth of green celery or quinchay	
.20 ctvos. worth of Edam ball cheese (grated)	
Shortening	4 tablespoons
Laurel leaf	1 piece
Boullion (for broth)	1 cube
Prepared seasoning	1 tablespoon
Worcestershire Sauce	1 teaspoon
Pepper and salt	to season
Flour	1 cup

Method of preparing.—Pound each slice of beef so it will not be tough. Make a paste of chopped garlic, green celery and grated cheese. Spread about one tablespoon of this paste on each piece of meat. Roll and tie with heavy thread. Roll each piece in seasoned flour. Fry carefully in melted shortening until browned. Remove thread. Add three tablespoons of flour to the grary and blend. Add one piece of laurel leaf, 1 teaspoon Worcestershire sauce, 1 cup of bouillon (made from one of cube bouillon) and 1 teaspoon of Maggi's seasoning. Season with salt and pepper to taste. Place rolls back in this sauce and cook slowly for one hour. Serve in molded rice ring and garnish with buttered green peas.

PINEAPPLE FEATHER CAKE

Shortening	½ cup
Sugar	1-1/3 cups
Pastry flour	2½ cups
Salt	½ teaspoon
Pastry Baking powder[1]	3 teaspoons
Milk	¼ cup
Pineapple juice	½ cup
Vanilla	1½ teaspoons
Egg whites	4

Method of preparing.—Cream the butter and sugar. Sift together the dry ingredients; add alternately with the milk and pineapple juice to creamed mixture. Add vanilla and fold in stiffly beaten egg whites. Bake in two greased layer cake pans for 35 minutes in moderate oven.

PINEAPPLE FILLING FOR CAKE

Cornstarch	2 tablespoons
Sugar	¼ cup
Crushed pineapple	1 can (medium size)
Juice of one orange.	

Method of preparing.—Mix cornstarch and sugar; add crushed pineapple and orange juice. Cook until smooth and thickened stirring constantly. When cool spread between layers of cake. Frost with boiled icing.

BOILED FROSTING

Sugar	2 cups
Boiling water	½ cup
Egg whites	3
Vanilla	1 teaspoon
Cream of tartar	pinch

Method of preparing.—Boil sugar and water without stirring until syrup spins a thread; pour over stiffly beaten egg whites (to which pinch of cream of tartar is added.) Beat until thick and glossy. Add vanilla, and spread on top and sides of layer cake.

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[1] Calumet baking powder was used in this recipe. If Royal baking powder is used, double the quantity.

DELICIOUS MAGGI'S BOUILLON

Method of preparing.—Place one cube of Maggi's bouillon in each cup and pour boiling water over it. Add a thin slice of lemon to each cup and serve steaming hot.

RAGOUT OF FRESH TONGUE

Tongue, scraped and cleaned	1
Bay leaf	1 bit
Large potatoes	2
Green peppers	2
Salt and pepper to taste	
Stalks of celery	3
Onions	2
Paprika	½ teaspoon
Shortening	2 tablespoon
Tomatoes	1 can
Green peas	1 can
Carrots	2

Method of preparing.—Cook the tongue in hot water for about fifteen minutes so that the outer thick skin can be scraped off. After scraping, replace in pan, cover with hot water, add one tablespoon of shortening, one onion, 1 piece of bay leaf, 1 clove of garlic, 1 tablespoon salt and pepper. Cook slowly until soft and the tongue can be pierced with a fork. Now prepare the two onions, minced fine and fried golden brown in 2 tablespoons shortening, add the carrots peeled and diced, the celery cut fine, the green peppers, cut in strips and without seeds, and add the solid part of the tomatoes from the tin until a thick sauce is obtained. Cut the cooked tongue in dice and add to the sauce. After simmering for half an hour, add the diced potatoes. When the potatoes are cooked, add the peas, and ½ teaspoon of prepared seasoning. Simmer for half an hour more and serve with boiled rice (to which 1 tablespoon of butter has been added) moulded in a ring mould. Fill the center with the Tongue Ragout.

AMBASSADOR CHOCOLATE CAKE

Pastry flour	2 cups
Salt	½ teaspoon
Eggs, well beaten	3
Water	2/3 cup
Shortening	1 cup
Baking soda	1 teaspoon
Brown sugar	1-1/3 cups
Unsweetened chocolate, melted	4 squares

Method of preparing.—Sift flour, add soda and salt and sift together three times. Cream butter, add sugar gradually, and cream together until light and fluffy. Add the well beaten eggs. Add chocolate (melted over hot water) and beat until smooth. Add the flour, alternately with the water, a small amount at a time. Beat after each addition until smooth. Bake in a square pan in a moderate oven at 350 degrees for thirty minutes. Spread Fudge frosting on the top.

CARAWAY COOKIES

Butter or shortening	½ cup
White sugar	1 cup
Salt	½ teaspoon
Milk	¾ cup
Vanilla	1 teaspoon
Baking powder[1]	2 teaspoons
Eggs	2
Pastry flour	2 cups
Other flour	1½ tablespoons
Caraway seeds	

Method of preparing.—Cream the butter or shortening with the sugar, add beaten eggs. Mix and sift the flour, baking powder and salt and add alternately with the milk to first mixture. Add the caraway seeds and flavoring. Toss on lightly floured board. Roll out to about half inch thick and cut with cookie cutter. Bake on greased and floured cookie sheets and bake for 15 minutes at 375 degrees.

STUFFED PORK TENDERLOINS

Pork tenderloins	4
Stale bread crumbs	1 cup
Prepared seasoning	1 teaspoon
Laurel leaf	1 bit
Lomo of beef	½ kilo
Eggs	2
Salt	
Worcestershire sauce	1 teaspoon
Flour	4 tablespoons
Small onion	1
Pepper	

Method of preparing.—Have the pork tenderloins split into a thin piece of meat. Grind the beef and onion and mix with the soft bread crumbs and eggs. Season with salt and pepper and the seasoning. Make a neat roll of the chopped meat and lay on the split tenderloins of pork, cover with other half of tenderloin, tie up neatly like a sausage and dredge with flour. Heat 2 tablespoons of shortening in a casserole and brown the meat or place in a hot oven at 400 degrees; then reduce heat to 375 degrees and bake for 2 hours, basting with 1 cup of hot water in which 1 bouillon cube was dissolved. Thicken gravy with some browned flour and blend with stock and season to taste, using the Worcestershire sauce for flavoring.

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[1] Calumet baking powder was used in this recipe. If Royal baking powder is used, double the quantity.

RICE AND CABBAGE ROLLS

Cabbage	1 medium size
Breakfast bacon	¼ kilo
Tomatoes	1 large can
Juice of lemon	1
Onion	1
Salt and pepper	
White sugar	1 teaspoon
Raw rice	1 cup
Paprika	½ teaspoon

Method of preparing.—Select a loose leaved cabbage with fine veins and remove from the stalk. Then with a sharp knife, remove the heavy veins. Put the separated leaves in a bowl and pour hot water over them to wilt them so that they will be pliable. Grind the onion and bacon together, or instead of the bacon, use two tablespoons of shortening or butter and add to the washed rice. Season with salt and pepper and add the paprika. Now take about two tablespoons of this mixture and place in the middle of each cabbage leaf and tuck in the ends and roll up. Lay these in an enamel casserole together with two tablespoons of fat, place the rolls neatly, then cover with the tomato sauce or tomatoes. Bring to a boil, cover and simmer slowly until rice is thoroughly cooked. Do not roll up the cabbages too tightly or the rice will not cook right. Season with lemon juice and the sugar and cook until all the sauce has been absorbed. If you find tomatoes are not sufficient to cook the rice, add a little hot water or stock.

COCONUT PIE

Grated fresh coconut	1 cup
Evaporated milk	2 cups
Butter	3 tablespoons
Egg whites	3
Eggs yolks	3

Pastry flour	3½ tablespoons
Pinch of salt	
Extra sugar	3 tablespoons
White sugar	1 cup
Vanilla	1 teaspoon

Method of preparing.—Make Pie Paste, using 2 cups chilled Pastry flour sifted with ½ tsp. salt and 1 tsp. baking powder; then cut in 1/3 cup chilled shortening, about ¼ cup and enough ice water to hold the paste together. Roll out lightly on floured board, then dot with 1/3 cup of butter and fold up like jelly roll. Roll out again with quick light strokes until thin enough to put into pie plate. Trim edges and build up the rim by adding a narrow strip of paste. Brush all over with slightly beaten egg.

Prepare filling as follows: Scald the milk, in double boiler then mix the flour and sugar together and add to the hot milk, stirring constantly until thickened. Add the butter, salt and grated coconut to the well beaten egg yolks and combine with the flour and milk custard. Add vanilla and cook for a minute longer. Pour this custard into the pie shell and bake in 400-degree oven for 10 minutes, then reduce to 350 degrees to set the custard. Make a meringue with the whites beaten stiffly and add to each white one tablespoon of sugar. To the last tablespoon of sugar add ¼ tsp. baking powder. Spread over top of pie and return to a slow oven to brown—about 15 minutes.

MABUHAY COCONUT MACAROONS

Grated and partly dried fresh coconut	1 cup
Vanilla	1 teaspoon
Cornflakes	½ package
Egg whites	4
Sugar	1 cup

Method of preparing.—Add the sugar gradually to the stiffly beaten egg whites, then fold in the coconut and the cornflakes. Shape with the fingers or two teaspoons and bake on greased and floured cookie sheet in 375-degree oven.

PIG'S KNUCKLES A LA ESPAGNOLE: WITH BEANS

Pig's knuckles or patas de cerdo	2 or 3
Laurel leaf	2 bits
Salt, pepper	to taste
Shortening	2 tablespoons
Onions	4
Tomato sauce	2 cans
Paprika	
Worcestershire sauce	1 teaspoon

Method of preparing.—Purchase the fresh pig's feet from the market, clean and scrape them well and cut in large pieces. Cover with water, add the salt and pepper, the bay leaf and one whole onion and cook slowly until tender. Now remove all the bones and cut meat into neat pieces. Brown three onions, after they have been cut up fine, in a saucepan with the shortening, add one bud of garlic crushed, then add the tomato sauce and cook until thick. Add the meat and gristle and simmer slowly, seasoning with Worcestershire sauce; then add the beans and cook for about half an hour.

QUEEN'S PUDDING

Milk	4 cups
Pinch of salt	
Vanilla	1 teaspoon
Strawberry jam	1 can
Eggs	3
Nutmeg	¼ teaspoon
Raisins	½ cup
Stale bread crumbs	2 cups
Melted butter	1 cup
White sugar	½ cup

Method of preparing.—Scald the milk, add the crumbs and soak ½ hour. Beat the egg yolks, add the sugar gradually, then add the butter. Add the raisins which have been lightly floured. Pour into a buttered casserole and bake at 350 degrees for about 45 minutes. When brown, spread the strawberry jam on top, then whip up the whites for a meringue with 3 tablespoons of sugar and put on top by spoonfuls. Brown at 300 degrees and serve hot or cold.

COCONUT CAKE

Freshly grated coconut	1
Egg whites	9
Milk	1 cup

Almond flavoring	1 teaspoon
Pastry cake flour	3 cups
White sugar	2 cups
Baking powder [1]	3 teaspoons
Shortening	1 cup
Salt	½ teaspoon

Method of preparing.—Cream the butter and the sugar until light and fluffy, then add half the whites of the eggs beaten until stiff. Now fold in the flour (which has been sifted three times with the baking powder and salt) alternately, with the milk and flavoring. Beat up the rest of the egg whites and fold in with a spatula. Grease and flour two large cake tins and spread the batter evenly on them. Bake at 375 degrees for about 25 minutes. When cool, spread with icing and sprinkle fresh coconut over all. This cake is pretty if the icing is tinted pink or green with a little Strawberry red.

SUCHAR BOILED ICING

White sugar	1½ cups
Hot water	1/3 cup
White of eggs	3
Almond flavoring	½ teaspoon
Cream of tartar	a pinch

Method of preparing.—Cook the water and sugar without stirring until the syrup spins a long thread, pour slowly on the stiffly beaten egg whites, after a pinch of cream of tartar has been added to them. Beat constanly until syrup is thick and glossy. Flavoring is now added and the frosting may be tinted pink or green with a few drops of Strawberry red or green coloring.

ORANGE CRUMB PIE

[By MRS. CHARLES C. DANDOIS]

CRUST

Melted shortening	¼ cup
Sugar	½ cup
Cinnamon	1 teaspoonful
Dry bread crumbs	1½ cups

Method of preparing.—Mix well and put 2/3 on the bottom and sides of a pie tin.

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[1] Calumet baking powder was used in this recipe. If Royal baking powder is used, double the quantity.

FILING

Egg yolks, beaten	3
Flour	½ cup
Sugar	¾ cup
Salt	⅛ teaspoonful
Mix well and add	
Milk	1½ cups
Orange juice	1 cup
Grated orange peel	1 teaspoonful
Butter	1 tablespoonful
Lemon juice	1 tablespoonful

Method of preparing.—Mix the ingredients and cook in a double boiler 15 minutes—stir often—cool and pour in shell and cover with a meringue made of 3 stiffly beaten egg whites and 2 tablespoonfuls of sugar.

Sprinkle the remaining crumbs over the meringue and bake from 15 to 20 minutes in a slow oven, to set the meringue.

DEVIL FOOD CAKE

[By Mrs. Charles C. Dandois]

Shortening	½ cup
Brown sugar	2 cups
Eggs	2 beaten
Baker's chocolate	2 squares
Boiling water	½ cup
Sour milk (dilute evaporated milk as usual and add one tablespoon vinegar)	½ cup
Cake flour sifted	2 cups
Soda	1 teaspoon
Salt	1 teaspoon
Vanilla	1 teaspoon

Method of preparing.—Cream the shortening and sugar until smooth and fluffy. Add the beaten eggs and mix thoroughly. Dissolve chocolate in boiling water until a smooth sauce is formed, then add it to the creamed mixture and stir. Add alternately the flour and the sour milk. (The salt and soda should be mixed with the flour). Add the vanilla and bake in a moderate oven. Use seven-minute frosting.

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